FALL 1984
ISSUE #8

FREE

COMMON GROUND

RESOURCES FOR THE 80'S

·N·E·T·W·O·R·K·I·N·G·

From the Publishers . . .

Network: arrangement with intersecting lines and intercises; recalling those of a net; complex system of railways, rivers, canals, etc.; chain of interconnected persons or operators or electrical conductors; group of broadcasting stations for simultaneous broadcast of some programme."

Oxford English Dictionary

Networks are organizational tools. They can be as complex as the United Nations, or as simple as friends meeting over a cup of . . . herb tea. Networking is one of the functions of this magazine.

Common Ground was born two years ago in a basement room, after many all-night paste-up and design sessions. It was conceived because there was this need to make many of the existing networks in areas like health, counselling, natural foods, small businesses, more accessible and visible.

We've accomplished this goal, establishing a place in the community with a carefully produced, good looking publication. It goes out to 400 outlets around the province, and is read by over 100,000 people each issue.

This issue continues Common Ground's expansion as a magazine, containing 16 pages of articles and columns. The feature articles address this season's theme Networking, which cuts across heirarchies to create (what else?) Common Ground. As people connect and create solutions to a common problem, or meet to exchange ideas, contacts and information, a reality comes into shape that is much different than the stratified organizations we have grown up with. Networks are filling the gap left when we moved out of tribes and smalltowns, where everyone knew everyone else. They are as much social entities as they are purely functional.

George Kennan's article on Soviet-American relations is continued. His challenging, and ultimately hopeful conclusions cast light on the current mists shrouding our fourth nuclear decade.

There are no stories on the Pope's visit or on the Canadian election.

But there are departments. The Food column features canning; the Esoterics section has an introduction to astrology; and there are movie reviews and a book review on computer communications. All of these to make your Fall reading more enjoyable and informative.

This issues cover conveys the essence of networking: linking the ever-changing patterns of human society. Its part of a series of impressionistic slides from the collection of Vancouver photographer Rick Green.

Please fill out and send in the Reader's Survey on page 42. We need to better understand and know what you would like to see in future issues. This information will be of great help as we chart the publishing seas ahead.

Next issue we're celebrating our second anniversary with a variety of articles and pictures. If there is a burning issue that more people need to know more about, or if you have a great quote or story that cries out for publication, call us.

And for all you advertisers and potential advertisers -- we offer the best rates along with the greatest publication parties. Come talk to us about your promotional and advertising problems.

Have a fine and bountiful Fall.

Michael Bertrand & Joseph Roberts

Collage by Greg Evans

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Front cover: **"Lightworks #1"** *by Vancouver photographer Rick Green 734-7014. Color seperation by Don at Tri-Scan. Enlargement 2000%.*

DECIDE TO NETWORK

Decide to network
Use every letter you write
Every conversation you have
Every meeting you attend
To express your fundamental beliefs and dreams
Affirm to others the vision of the world you want
Network through thought
Network through action
Network through love
Network through the spirit
You are the center of a network
You are the center of the world
You are a free, immensely powerful source
of life and goodness
Affirm it
Spread it
Radiate it
Think day and night about it
And you will see a miracle happen:
the greatness of your own life.
In a world of big powers, media, and monopolies
But of four and a half billion individuals
Networking is the new freedom
the new democracy
a new form of happiness.

ROBERT MULLER

Robert Muller, Assistant Secretary General of the United Nations and author of Most of All, They Taught Me Happiness *and* The New Genesis, *wrote this poem as an endorsement of* Networking, The First Report and Directory *by Jessica Lipnack and Jeffrey Stamps.*

COMMON GROUND

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"We do business in a spirit of unity, cooperation, and understanding, while maintaining a high level of integrity, responsibility and service".

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DIRECTORY

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Conferences, festivals, concerts, fairs, exhibitions, celebrations, dances, workshops, and other one-time events and special occassions.

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Art, dance, music, movement, records and tapes, acting and live theatre. For art therapy see PSYCHOLOGY.

BUSINESS SERVICES 12
Various commercial and professional services, offered by persons and companies adhering to a practice of integrity, service and fair exchange.

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Producing and distributing information. Films, radio, video, computers, recording and film studios, other resource and information guides, other networks, and/or networking publications, magazines, books and bookstores.

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COMPUTERS 16
Computers, software,stores, training and courses.

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Craft guilds and individuals promoting and producing handmade goods.

EDUCATION 17
Skill development & up-grading, continuing education programs, alternative schools, colleges, consulting services, courses and ongoing workshops.

ENERGY & THE ENVIRONMENT 19
Conservation, environmental education, wilderness preservation, recycling, developing renewable energy sources.

FASHION & STYLE 19
Clothing shops,and custom designers, hair cutters, jewelery image enhancement, colour coordination, contemporary furniture and interior decoration. - Presenting yourself to the world.

FITNESS & SPORTS 20
classes, aerobics, fitness testing & assessment, individual or group training, clubs, organizations and events.

FOOD & RESTAURANTS 20
Natural and health food restaurants; ethnic & gourment restaurants, stores, catering services, bakeries, co-ops, suppliers, distributors, wholesale outlets, and food products.

GARDENING & PLANTS 22
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HEALTH, HEALING & BODYWORK 22
Holistic health, preventative health care, nutrition, contemporary bodywork and massage practices, healing derived from native, oriental or pre-modern traditions (e.g. acupressure, homeopathy, etc.)
NOTE: Owing to professional restraints, physicians, chiropractors, physiotherapists, naturopaths, and registered massage therapists are not able to list their services. For referral to such practitioners, call the Canadian Holistic Healing Association's Vancouver Health Enhancement Centre at 876-5955.

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MEN'S ISSUES 27
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Includes: therapy, counselling, self-discovery and personal growth workshops, relationship counselling, handwriting & dream analysis, gestalt, TA, rebirthing, hypnosis, NLP, self-management, stress management, psychotherapeutic techniques and growth processes, career planning & self image development.

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Your Personal Connections

The Key to Successful Networking

by Anthony Hamilton

he secret of networking? Why, it's people of course . . . Everyone knows that.

If that's what **you** think, I've got some news for you. The real secret of networking isn't people at all. It's attitude. The attitude you have about the people you know and the attitude you have about those you don't know will make the difference between an easy expansion of your personal resource network and its coming to a grinding halt.

Look at it this way: The average person knows about one hundred people. This means that you already have a personal network of about one hundred people, from all areas of your life. Your family, your friends, your co-workers, the members of your church or club, and all the people you know, from the waiters in your favorite restaurant, to your dentist, your barber, and all the people who do your dry cleaning, pump your gas, or drive the bus you take to work, all are in your personal network. They make up the **first level** of your network.

Each of these people has a personal network of one hundred people, too. This means that you have access to 100 times 100, or ten thousand people already!!!

As far as being connected to the "right" people, you already have a tremendous resource to choose from. You don't need any more people. What you really need is an effective way to gain access to the people you are already connected to. . . to turn your already existing contacts into an asset.

THE ENDLESS CHAIN

The "Endless Chain" is a simple technique you can use right now to contact some of those million people you are already connected to. It consists of the concept of your three levels of personal contacts and a couple of very simple but very specific questions.

Suppose you have a problem that needs a solution. Think of the person you already know who's most likely to know someone who can help you solve it. This person is the first link in the chain. Simply call your friend up, and say exactly these words, "I've got a bit of a problem, and I think you might be able to help me solve it." Then, you outline your situation and your problem, and ask your friend this question. . ." Can you think of anyone you know who might be able to help me?"

This immediately gets your friend thinking of all the people she knows, opening up the *second level* of your network. She runs all the people she knows across her mental movie screen,

photo by A. KAT Katowitz

and if any of them seems likely to be able to help you, she will tell you so. This person then becomes the second link in the chain.

"I've got a bit of a problem, and I think you might be able to help me solve it." "Can you think of anyone you know who might be able to help me?"

If this person can help you. . . great!! The chain stops, and your job is done. But, if they are unable to, simply keep the chain going, by asking them the same question you asked your friend. . . "Who do you know who might be able to help me?" Because you have been referred by a friend of theirs, they will want to help you, and will refer you to someone else. This person will be the third link in the chain, and if he or she can't help, just keep the chain going. Eventually you will locate exactly the person you need to help you solve your problem.

But suppose, one of these people draws a blank, and can't think of anyone who might be able to help. If this happens, you simply ask that person the "Magic Question", the one that opens up the *third level* of your network.

Ask whomever you are speaking with, "Who can you think of, who **might know someone** who can help me out?" This causes them to think of the most likely person to know somebody, and they'll tell you who it is. This person then becomes the next link in your chain. Then, all you have to do is call, "I was referred to you by, (give your contact's name) because they thought **you might know someone** who might be able to help me out." And you carry on from there just like before. If he or she can't help you, ask the "Magic Question" and carry on until you find the key to solving your problem.

How long is this "Endless Chain" going to be? Does it seem like you may have to talk to hundreds of people to finally get your problem looked after?

A few years ago, in the United States, some research was done to determine just how many people a person would have to go through (how many links the chain would have) to contact any particular person in the United States, which at the time had a population of about two hundred million. The researchers gave a number of people letters addressed to a person they did not know, in a distant city or town. They were instructed to give the letter to **someone they knew personally,** who they thought might know someone who would know this person, with instructions to do the same thing, until the letter finally arrived at its destination.

The results were startling. Not only did all the letters arrive safely, but the largest number of people the letter had to pass through was only eleven! The average number was only seven people!!! Likewise, you'll be able to quickly locate and meet an ever-expanding number of people, and locate exactly the "right" ones for the task at hand.

It's been my experience that most people love to be helpful and love to give advice. It makes them feel good to be able to help someone solve a problem. By calling up your friends, and asking them precisely these questions, you are giving them the opportunity to help. . . to feel good about themselves.

The real secret of successful networking is not meeting new people. You know lots of great people already. The secret is in how you think of the people you already know. Think of them as the first links in the chain that leads to the solution to your particular problem. And what about all those people that you don't know? Why, they are just waiting to get to know you if you'll just give them the chance.

Anthony Hamilton is a writer, seminar leader and motivation consultant living in Vancouver, B.C. You can call him at (604) 731-9085.

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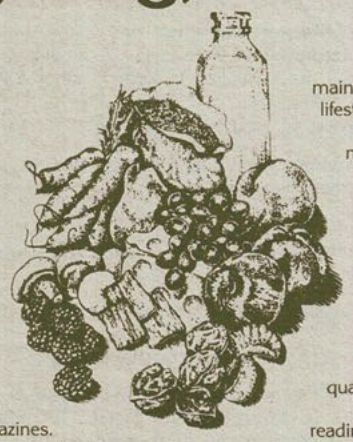

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Dynamic Structures for Change

by David Leslie

Networking works by getting things done through co-operation, sharing and communication. Networks are dynamic, living structures, created to meet many needs.

The unifying themes of networking are found in a book written by Jessica Lipnack and Jeffrey Stamps entitled "The First Report and Directory — Networking."

Healing (health and the life cycle) networks have formed because people want to be well.

Sharing (communities and cooperatives) networks have formed because people are happiest when they are actively working within their communities — whether geographic or conceptual.

Using (ecology and energy) networks have formed because people want to benefit from the earth's bounty without harming it.

Valuing (politics and economics) networks have formed because people want a sane politics and a fair economic system.

Learning (education and communications) networks have formed because people want to learn and they want to communicate two interrelated human drives.

Growing (personal and spiritual growth) networks have formed because people quest for inner peace and for an understanding of the nature of the universe.

Evolving (global and futures) networks have formed because people have come to understand that nationalism, limitless growth and political hegemony are antiquated ideas that ignore the reality that we are four and a half billion still-primitive people living on ten percent of the surface area of one small planet in one remote solar system of one of billions of galaxies dancing through space.

These themes and connections explain in part the proliferating success of networks but there are other reasons that are just as powerful. Another reason for their swift acceptance is their free form nature and a general public distrust of the hierarchical structure.

Networking works by getting things done through co-operation, sharing and communication.

Separate individuals come together, creating a system that is open and horizontal. There is no leader or vertical organization, just a common interest or bonding. It is a cooperative process not competitive with the aim being to achieve a satisfactory outcome for all concerned. It is an adaptive process and in constant flux, capable of endless transformation.

Networking is not a special prerogative restricted to any particular group. It does however, attract people with a good sense of their own self-worth; who have a strong inter-actional ability; who have a strong sense of community involvement. Networking, although it is open to all, does impose a discipline, a learning attitude, that is a slowly acquired skill.

Leif Smith and Patricia Wagner in their book, 'The Networking Game', describe this attitude as a kind of "voluntary simplicity" and suggest "a sort of Spartan etiquette in exchanging information, one that allows people to both give and receive without being exploited."

The individual comes to understand that networking is about being useful to people, one at a time. It is about listening and paying attention to the person before you. It is about asking questions so that you are clear about what is wanted and not making assumptions. It is about providing good quality information, being educative, not boring.

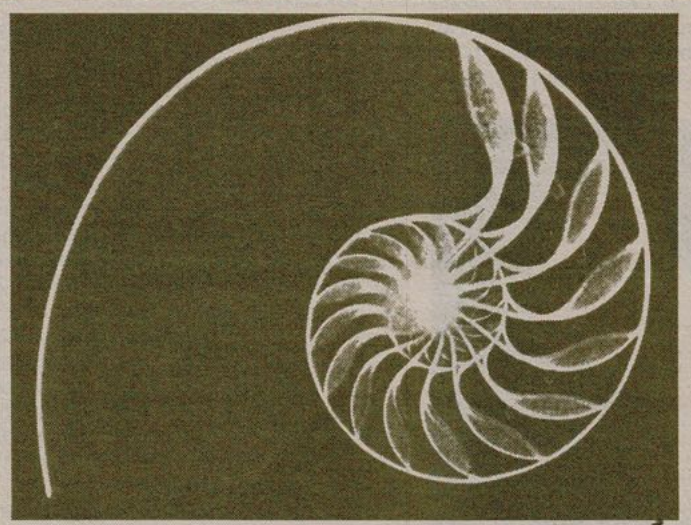
These individual charcteristics have been described in "The First Report. . ."

Perhaps the most significant characteristic of people who network is their finely developed sense of intuition, the ability to *feel* what is going on around them. Intuition enables people to know where to go to get information, whom to trust, and in what way to share. Intuition allows people to make small connnections that appear to be giant leaps. Sometimes networkers know precisely where to go to find the information they need; more often, they operate on hunches.

Practiced networkers move with delicacy and humility, knowing that waiting to be asked is more appropriate than imposing help where it is not wanted.

Networks are composed of self-

continued to . . . **43**



New Visions of Self and World

FALL 1984

Enquiries 222-5261

The ability of the eye to see is subject to natural laws: the amount of light, the curve of the earth. But the mind's eye has no such limitations — the vision of the intellect can expand dramatically when you encounter a new idea or a new perspective which speaks with power to your life and experience.

The Search for Wisdom

The Power of Limits: Proportional Harmonies in Nature, Art and Architecture, GYÖRGY DOCZI. Lecture Nov 9, 8pm, $7 (students $5); Seminar Nov 10, 10am-3pm $25

Raising and Teaching the Young: Messages from History, DR. WILLIAM BRUNEAU, Oct 17-Nov 21, 7:30-9:30pm $60

Peter Koestenbaum on Clinical Philosophy: A New Image of the Person, Oct 26, 8-10pm, $10 (students $7)

Re-visioning the Humanities, SOL KORT, Nov 1-22, 8-9:30pm $27

A Buddhist Perspective on Death and Dying, CHÖCHI NYIMA, Sept 25-Oct 30, 7:30-9:30pm $55

Christianity and Challenge: A Symposium, Nov 3, 10am-4pm $20

Myth and Imagination

James Hillman and Gioia Timpanelli — Where Animals Appear: Animal Helpers in Dreams, Folktales and Nature Stories, Presentation, Nov 23, 8-10pm $10 (students $7); Seminar Nov 24, 9am-4pm, $60 includes Presentation and lunch.

Teaching Imagination, KEN ROBERTS, Oct 3 & 10, 7:30-10pm, $25

Storytelling, BILL RICHARDSON, Oct 16-Nov 13, 7:30-9:30pm, $50

Growth and Change

Giving Birth — Being Born: the Far-reaching Effects of Peri-natal Events, ANDREW FELDMAR, Oct 11-Nov 29, 7:30-10pm, $100

Adventures in Consciousness, DR. LEE PULOS, Nov 9-11 $130

Focusing: Overcoming Obstacles to Personal Change, DOLORES BATE, Oct 12-14, $65

Identity Workshop, DR. IAN KENT and PROF WILLIAM NICHOLLS, Sept 23-Oct 14, $85 (students $69) phone for special application form.

The Art of Emotional First Aid, DR. SEAN HALDANE, Nov 3, 10am-5pm, $32

Lessons of Moshe Feldenkrais, DR. STANLEY BROWN, Oct 10-Nov 28, 8-9:30pm, $54 (students $40)

Reality Therapy for the Busy Counsellor and Therapist, DR. JOHN BANMEN, Dec 1-2, 9am-4pm, $54

Releasing the Natural Voice: Learning to Speak Out, DALE GENGE, Oct 20-12, 10am-4pm, $66

Meditation as Non-Avoidance of Self Part I & II, DR. LYNN SEREDA, Nov 3-4, 10am-5pm $30 single ($50 both Part I & II)

T'ai Chi, WAYNE PALLANT, Oct 5-30, 8-10pm $72

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Humanities and Sciences

Soviet - American Relations: Part II

Breaking the Spell

by George Kennan

The former U.S. ambassador to Russia continues his insightful analysis of the current U.S. - Soviet standoff.

The prospects for a peaceful development of Soviet-American relations are not theoretically hopeless, but they could easily become just that if we are unable to rise above some of the morbid nuclear preoccupations that now seem to possess us — if we are unable to see the positive possibilities behind the negative, military ones, and are unable to give to those positive ones a chance to take shape and to realize themselves.

No one questions the fundamental importance of the outstanding questions of arms control. These represent the greatest and most urgent single problem we have before us in our relations with the Soviet Union. Without progress in this

respect, there can, of course, be little hope of a peaceful future. But it is vitally important to remember that there are other dimensions to the Soviet-American relationship than the military one; and that not only are these other dimensions of sufficient importance to warrant attention in their own right but unless they, too, can be recognized, and cultivated, and their favorable possibilities taken advantage of, the arms talks themselves are unlikely to have any adequate and enduring success.

What could be done, then, to place this relationship on a sounder, less frightening, and more hopeful basis? One starts from the recognition that as of this moment, things are royally fouled up.

The two aspects of the relationship are complementary. Progress in the one is indispensable to progress in the other.

What could be done, then, to place this relationship on a sounder, less frightening, and more hopeful basis than it rests on today? One starts, of course, from the recognition that as of this moment things are royally fouled up. Any effort to straighten them out would unavoidably take time. In any case, to remove all those sources of tension which are theoretically susceptable of removal would certainly be a task of years, not months.

But it is never too early to make a beginning; and nothing prevents us from considering what sort of agenda might be necessary if one wanted to embark on that course.

We could try, first of all, to restore the full confidentiality and the civility of communication between the two governments. And we could cease treating the Soviet Union as though we were, out of one pocket, at peace with it and, out of the other, at war. We could lift the heavy dead hand from Soviet-American trade and proceed, with the usual, minimal security precautions, to permit that normal and useful branch of human activity to develop in response to its own economic requirements. We have no need to be trying to set back the economy or depress the living standards of any other great people; nor is such an effort in keeping with the American tradition.

We could take a much bolder, more hopeful, and more promising position in matters of arms control. This does not mean embracing in any way the principle of unilateral disarmament. We could acknowledge (and it is high time we did) that the nuclear weapon is a useless one: that it could not conceivably be used without bringing catastrophe upon whatever country initiated its use, along with untold millions of people elsewhere.

Acknowledging this, we could reject all dreams of nuclear superiority and see what we could do about reducing existing nuclear arsenals, with a view to their eventual elimination. A number of approaches have been suggested: a freeze, deep cuts, the so-called "build-down", a comprehensive test-ban treaty, others as well.

There are many possibilities in the scientific field, some of which exist in rudimentary form and all of which could be extended: possibilities for collaboration on environmental studies, on the problems of the Arctic and the Antarctic, on oceanographic research, on public health, on nuclear fusion, the entire great area of the uses of outer space. . .

These are not alternatives. They are complementary. Any or all of them would be useful. But to get on with any of them we would have to learn to treat the problem as a whole in our negotiations with the Russians, not cut it up into a series of fragmentized technical talks; to treat it at the senior political level, where it belongs, not in periodic encounters between politically helpless experts; and to treat it — initially, at least — in an atmosphere of complete confidentiality, not in a series of public posturings before various domestic political constituencies.

And then, while we were working on the more positive and hopeful possibilties, we could set out to take advantage of those areas where the peaceful interests of the two powers do coincide and where possibilities for collaboration do exist. What have we to lose?

If my memory is correct, we once had thirteen separate agreements for collaboration and personal exchanges in a whole series of cultural and scientific fields. A number of them proved fruitful; some, we are told, did not. I hold no brief for the retention of the ones that did not. But many of the thirteen, including certain of the useful ones, have been allowed to lapse. These could be restored, and others could be added.

There are many possibilities in the scientific field, some of which exist in rudimentary form and all of which could be extended: possibilities for collaboration on environmental problems, on the study of the Arctic and the Antarctic, on oceanographic research, on public health, on nuclear fusion. The entire great area of the uses of outer space — this vast umbrella that protects every man, woman, and child on our planet — ought to be not only demilitarized but genuinely internationalized; and these two great countries could well be taking a major collaborative part in that internationalization, rather than each speculating how it might exploit this medium to the detriment of the other party, and perhaps to the detriment of humanity as a whole.

There are those who will say, "Yes, we once had such agreements, but we did not get as much information out of them as the Russians did." The answer to this objection is clear. If the acquisition of military intelligence is the only reason one can see for entering into such agreements with another country, then they had better be omitted. But if one is prepared to place one's hopes on their long-term effects — their effects in bringing people together in a collaborative relationship and helping them to see one another as human beings, not as some species of demon, then many of these arrangements will provide a more hopeful perspective than the most ambitious of our efforts to learn how to destroy each other.

Such collaborative arrangements require, as a rule, formalized agreements. There are some who question whether we can trust the Soviet government to live up to such agreements when it makes them. When I hear this question asked, I am surprised. We now have six and a half decades of experience to go on, and the answer provided by this experience is reasonably clear. You *can* conclude useful agreements with the Soviet side, and they *will* respect them — on condition, however, that the terms be clear and specific, not general; that as little as possible be left to interpretation; that questions of motivation, and particularly professions of noble principle, be left aside; and that the other contracting party show a serious and continued interest in their observance.

What is needed here is only the will — the courage, the boldness, the affirmation of life — to break the evil spell that the severed atom has cast upon us all; to declare our independence of the nightmares of nuclear danger; to turn our minds and hearts to better things.

Finally, there is the question of "human rights". American sympathies are, of course, engaged in behalf of people who fall afoul of any great political police system. This neither requires nor deserves any concealment. But if what we are talking about is the official interrelationship of great governments a choice must be made between the interests of democratization in Russia and the interests of world peace. In the face of this choice, there can be only one answer.

continued to . . . **39**

B.C. VOICE

Meares Island:

Paradise in Jeopardy

by Paul George of the Western Canada Wilderness Committee.

The battle to save **Meares Island** from clear-cut logging isn't lost yet. Conservationists and environmental activists haven't given up - but the climax is clear. M & B, the logging company, plans to start building roads this Fall.

As of publication date, the B.C. government continues to cling to its unpopular decision to allow logging on 90% of this beautiful island. Meares dominates the view of Tofino and lies immediately adjacent to Pacific Rim National Park. In April it was declared a Tribal Park at the Spring Festival that attracted over a thousand participants.

COMMON GROUND'S Spring issue featured a cover picture of a giant living Cedar growing on Meares, surrounded by children symbolically holding hands to protect it. Since then a much larger Cedar, over 57 feet in circumference (the largest in Canada) was found in this same designated clear-cut zone. It is a well kept secret that the 27 sq. mile island grows some of the biggest trees in the world.

Many local citizens have vowed to block the bulldozers, using the same peaceful, nonviolent protest techniques that saved the Franklin River from being flooded in Tasmania. Day after day, as the Australian public watched on T.V., people were arrested. The government only relented after more than 1200 people were jailed, some of them prominent citizens. No property was damaged or people hurt.

Letters to B.C.'s Premier asking that Meares be spared must be sent without delay. **The Friends of Clayoquot Sound,** the local environment group, needs your support. Write and send your donations to (FOCS, Tofino, B.C. V0R 2Z0) or phone 725-4218.

Solidarity, B.C.'s Social Justice Network:

Life after the Patio Accord

The Solidarity Coalition is by far the most diverse and comprehensive movement for progressive change in the history of British Columbia.

Member organizations represented promote rights for women, native people, ethnic and visable minorities, labour, tenants, gays and lesbians, seniors and youths, small business and cooperatives, education, environmental preservation and more.

The Solidarity Coalition organized into a movement as a response to the slashing of funding and legislative changes by the current British Columbia Government. The catch word used by Mr. William Bennet was "restraint"; however to those affected by the legislation, it was soon obvious that the changes represented a political ideology forcing its wishes upon the social fabric of society.

At this stage a growing number of business people are speaking out against the manner in which the government conducts itself. For the business community, the bottom line is an increasing number of bankrupcies and severe loss of revenue due to the lack of faith in our economy.

Solidarity Coalition, after initial mass demonstrations and a flury of political activity decided to settle down to the long road of gradual change and search for positive alternatives that will lead to a healthy economy with social justice.

Solidarity Coalition is sponsoring a People's Commission which will travel the province seeking advice on what social and economic policies would best serve the needs of British Columbians. The Commission will then prepare policy recommendations to be released ina public report. Clear, consistent policy alternatives will give Solidarity Coalition, and others opposed to the government's legislation, a viable program alternative. Such a program will allow the coalition to set its own agenda and to go on the offensive in the fight against the government's damaging programs.

The terms of reference to the commission are:

1. To examine both the long and short term effects of the government's socio-economic policies on the people of B.C.
2. To receive proposals for alternatives to the government's policies.
3. To prepare a public report composed of its findings and recommendations.
4. The Commission is to use a b road definition of "socio-economic" and is to consider at least the following issues:

• employment • technological change • economic development • alternatives forms of enterprise • housing • pension reform • welfare/poverty and their impact on • children • communities • disabled people • ethnic minoritis • native peoples • seniors • women • workers • social services • human rights • education • environment • alternative vs. decentralization • slef sufficiency • health.

If you or your organization wish to participate, call the regional contact nearest you.

Sept. 14/15, Kelowna - Linda Keller, 762-0869
Sept. 21/22, Nanaimo - Don Nordin, 247-9233
Sept. 28/29, Terrace-Smithers - Bill Goodacre, 635-4805
Oct. 12/13, Fort St. John - Ricardo Loro, 785-6918
Oct. 19/20, Nelson - Sanda Laine, 352-2750
Oct. 26/27, Chilliwack - Scott Fast, 792-0025
Nov. 2/3, Prince George - Mike Germain, 563-3669
Nov. 16/17, Kamloops - Keith Simmonds, 372-1081
Nov. 23/24, Cranbrook - Denise Buchan, 426-8409
Dec. 7/8, Victoria - Jack Warnock, 384-2470
Dec. 14/15, Vancouver - Cliff Stainsby, 873-6324

To a better future, *Carl Rising-Moore of the B.C. Human Rights Coalition.*

They heard, and were abashed, and up they sprung. Milton, *Paradise Lost*, Book I, line 331

D E C I D I N G T O D I S A R M

THE PARADOXES OF CONFRONTATION

6th Public Issues and Philosophy Conference
Sponsored by the Department of Philosophy at Simon Fraser University

October 12-13, 1984
Robson Square Media Centre
Vancouver, British Columbia

For a conference program, and to register, contact Continuing Studies, Simon Fraser University, Burnaby, B.C. V5A 1S6; telephone 291-4771/4565. The conference registration fee is $50 (students $35).

The arms race, space wars, arms control, disarmament, cold war, nuclear proliferation — for many of us these notions seem part of a world beyond human control, a world in which technology, nationalism and fear are the ruling forces. For policy-makers, on the other hand, this has to be a world of negotiation, trade-offs and decision-making — a world in which rational argument, bargaining and decision theory must be dominant.

This conference on Deciding to Disarm: The Paradoxes of Confrontation explores some of the bases for decision-making about arms control and disarmament, central concepts such as deterrence, first strike, equality, verification and spheres of influence, practical tools such as game theory and crisis management, and the role of Canada in international arms negotiations.

Conference speakers include *William Epstein*, former Canadian representative to the UN Arms Control Commission, *Gregory Kavka*, Department of Philosophy, University of California (Irvine), and *William Barton*, former Canadian Ambassador to the United Nations.

Networking between the World's Faiths

Religions of the World, Unite!

by Colin Cole

People talk of networks, inter-communication in areas of health, economics, politics. But when they ask about the world religions or faith groups, they shake their heads in dismay at the outward fragmentation and crystalization. Others attest to an inner unity as yet unseen, but with birth-pangs beginning to manifest in the world.

Esotericists say contemporary religions were formed or re-interpreted during the Pisean Age under the influence of the "6th Ray" (Idealistic Devotion), which tends to manifest somewhat fanatically, in disparate, often dogmatic, forms. The result is often today's situation of division, proclaimed sole ownership of Truth, self-righteousness, smugness, conservatism, and criticism or outright condemnation of others.

However, all is not lost; there is good news. There are numerous people within each of the distinct world faiths, some who have had mystical or unitive experiences, or who are lovers of humanity, or who have discovered a universal wisdom within their traditional forms. These people are open to new perspectives and attitudes. Even though 6th Ray persons and institutions do not respond well to the new incoming energies, this resistance to exploring common ground is confronted by the modern world with its new internationalism and need for a world perspective as we hurtle through the universe on space-ship Earth.

Esoterically this is the pre-figuring of the Aquarian Age under the influence of the "7th Ray" (Ordered Activity) which aids the manifestation of synthesis, unity, sharing, co-operation, and goodwill. Through a recognition of world pluralism, a model of multi-culturalism (as is found in Canada) is developing, allowing for the co-existence of differing life-styles and other cultural expressions within the fabric of the same society. In this atmosphere of tolerance and movement in the direction of openness and acceptance, elements of differing faith communities are also consciously recognizing this reality and the process of inter-relationship has begun.

Eventually they saw the need to learn about each other; not to create a "new" religion, but t come together with arrogance.

As an example, the Vancouver based Pacific Interfaith Citizenship Association of B.C. grew out of a group of individuals and religious organizations helping refugees, aiding settlement, and developing citizenship in this country. Eventually they saw the need to learn about each other; not to create a "new" religion, but to come together in a new way, without arrogance but from humility, yet keeping a strong sense of their own faith. Pacific Interfaith is involved in various community programs and is presently proposing an Interfaith week for Vancouver's Centennial which would encourage open houses at local places of worship.

Vancouver's various interfaith activities had a pronounced effect on the 1983 World Council of Churches assembly held at U.B.C. last summer. As a key international body for ecumenical work within Christianity, this organization made history by incorporating an inter-religious consultation in preparation for the assembly. Although it has its critics and its internal stresses, the WCC has been called the most courageous and creative force for inter-religious dialogue and reconciliation. The process is not simple or easy; it takes courage, vision, and honesty to create a mood of respect for each other's religious integrity. It has meant dramatic changes in the attitudes through which the faiths have encountered each other in the past.

It takes courage, vision and honesty to create a mood of respect.

At the local level, there have been a few formal and many informal dialogues held through Canadian Ecumenical Action. CEA is an inter-person, inter-church, inter-faith, inter-community fellowship, desiring to share a common concern for spiritual growth and for applying that concern to all life. One of its programs is the Institute of World Religions. The IWR runs various educational programs, including a Vancouver School Board night program, *Understanding Our Neighbours*. Representatives from 12 faith traditions share their knowledge and experience of the nature, meaning and practices of their religion,

continued to . . 43

Spirit of Peace

Intercultural Gathering in Malta — *Culture, Religion and Science at a Turning Point*

As we enter the closing years of the twentieth-century and near the dawn of the third millenium, the question of disarmament as the basis for the establishment of peace in the world needs to be complemented by a new vision of peace.

At this point in time, we are being called upon to face, in all its tragic urgency, the needs of mankind and the requirements of the species. For the twenty-first century shall be peaceful, or it shall not be.

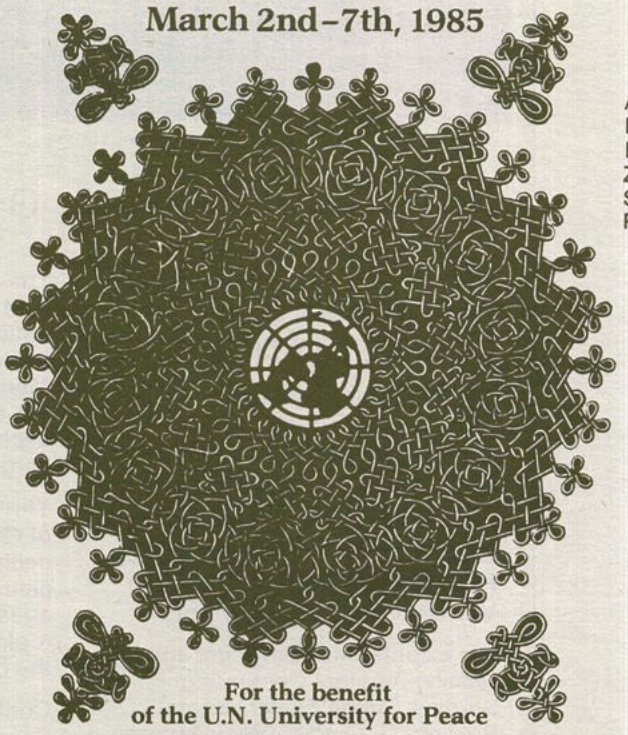
To assist in this objective, a number of renowned spokesmen from different cultures, different spiritual traditions, scientists of various departments, as well as some honorable guests and outstanding artists have been invited. Together they represent a wide variety of cultural backgrounds, religious persuasions, and political opinions adding inter-disciplinary momentum to humanity's age-old pursuit of world peace.

It is precisely this variety and richness which, we believe, will reveal the 'Spirit of Peace' as being an absolute constant in all systems of ethics.

"Most probably one can say in a very general way, that the most fruitful developments in the history of human thinking happened wherever two different kinds of thinking met. The roots of those different kinds of thinking may be different cultural environments or different religious traditions. Whenever they really meet, that is, whenever they get at least close enough for a true interchange to occur, then one may hope with good reason that new and interesting developments will follow."

—Werner Heisenberg, formulator of the Quantum Theory

March 2nd–7th, 1985



For the benefit of the U.N. University for Peace
Conference fee for early registration until November 1st, 1984 is $300, for later registration, $375

Malta is the Golden Island of the Mediterranean with 7,000 years of recorded history.

Faculty members and speakers

Al Chung-liang Huang
Brother David Steindl-Rast
Lama Namkhai Norbu Rinpoche
Zentatsu R. Baker-Roshi
Sri Madhav Pundalik Pandit
Pir Vilayat Inayat Khan
Phillip Deere
Guboo Ted Thomas
Fritjof Capra
Joan Halifax
Irina Tweedie
Marilyn Ferguson
Rabbi Zalman Schachter Shalomi

Honorable Guests invited

His Holiness the Dalai Lama
Corinthia King
Mother Theresa
Robert Muller

Outstanding Artists invited

Leonard Bernstein
Yehudi Menuhin
Michael Jackson
Jane Fonda
Ravi Shankar
Stevie Wonder

Organized by:
Agape Forum for Art, Communication and Intercultural Relations
Gerberau 14, D-7800 Freiburg, West/Germany,
Tel. x-761-26594

U.S. Representative for General Information:
New York Open Center, 83 Spring Street,
New York, NY 10012, Tel. (212) 219-2527

Registration for Travel:
American Express Services,
18311 West Ten Mile Road,
Southfield, MI 48075, Tel. (313) 559-5900

Common Ground Fair '84

The First Fair Report

by Joseph Roberts

What a weekend!

Three days of Common Ground live . . . exhibits, food, martial arts and workshops.

A huge colorful big top tent and the first floor of Room to Move, in the adjoining building housed over a hundred exhibitors. The large and varied selection of products, information and services available read like the contents of this magazine.

Participants from the workshops, seminars and demonstrations gave it a thumbs up rating from good to great. Here's a sample of events that filled the second floor level at 974 W. Broadway: Making Money work for you • Feldenkrais • I•AM • Woman • Dream Analysis • Global Self Help • Back Aid • Cesarean Prevention • Stories are Magic • Belly Dancing • Match Making Counselling • Polarity and Stress Relaxation • Creative Arts for Communicators • Career Counselling • Group Singing . . . and over a hundred more.

The many and easily accessible workshops gave fair-goers an opportunity to experience new interest areas. If they wished to explore further they could visit the exhibitor's booth or follow up after the fair.

The "World of Martial Arts", was hosted by the Combat Karate Association in their studio next door. Masters of the Korean, Chinese, Japanese and Philippine schools performed a variety of styles in Karate, Tae Kwan Do, Arnis, Kung-Fu throught to Tai Chi. We look forward to having these teachers and traditions enrich next year's event.

The media enjoyed visiting the fair as much as anyone. They poked fun, ate burritos, got their aura read and reported the occassion in many colours . . . much like the event itself. Perhaps the writer who best captured the fair's essence was Jeanie Read. Here's a quote from her Province column of June 27:

"And there seemed to be an awful lot of people there. I mean, it seemed to be a *popular event*. . .

It is a whole school of thought: one to counter the apocalyptic school of thought, one characterized by inestimable cheer instead of doom and gloom. Benevolent technology will triumph. Or the human spirit. Or both. In any case, the world is about to be transformed, and we'll see: It will be good".

Yes. And with all we have learned at the 1984 Fair, next year will be even better.

How did the Fair fair?

We did a representative survey of the approximately 6,000 visitors to the Fair. Here are some of the responses.

Visitor Questionaire.

Question: *What did you like best?*

Liked the great variety of booths • Meeting old friends • Impossible to say right now! • The cheerful friendly warm atmosphere and the exchange of ideas and spiritual views - everything. • The diversity • Sea vegetation, reflexology, food, drumming, talking, laughing, sharing with open, accessible people. • The Workshops.

Question: *How do you rate the quality of the exhibitors?*

• Good, very professional • fascinating • excellent • some poor, most very good • #1 • Top's.

Question: *How do you rate the food?*

• Excellent burritos • Good (fantastic) • Great muffins! I ate seven. • Excellent, not enough garlic however.

Question: *Suggestions for next years Fair.*

• More of the same please! • Provide shopping bags • Keep the same basic idea, more music, more crafts (support local artists) • Carry on! • I like to come back. Everything was just fine. • More variety - with the exposure and success of the fair, more groups should be willing to set up booths • Start it tomorrow & don't close.

An overall approval rating of 82%! That's somewhere between "good" and "fantastic".

Exhibitor's Evaluation.

Question: *Would you come back if we held another Fair?*

• 84% of all the exhibitors answered **yes.**

Question: *Do you have any suggestions for improvements?*

• Have someone introduce the seminar speakers at workshops, it builds rapport. Also provide all speakers with drinking water. • Put booth together according to focus, i.e. crafts with crafts, healing with healing etc. • Let the exhibitors set up their own free standing water proof booths outside • Use some of the money that was spent on renting the tent to get better entertainment • Do it when the buses are running. • Have it in the Kits area preferrably with grass and trees nearby • Start promotion & application process at least 4 months in advance.

Thirty-one percent of visitors hear about the Fair through friends; 26% by reading Common Ground; 21% by poster and flyer, and 11% through other media.

It's interesting that so many heard through friends; Networking in action.

See you next year!

Editors note: Due to the over riding success of the FIRST Annual Common Ground Fair, we recommend booking early for exhibition space at next year's Fair. Some booths have been reserved already.

The Fair was documented in color slides, black and white photographs, and ½" Betamax video tape. Arrangements for copies can be made upon request.

EVENTS

Powerful, Uplifting, Unforgettable.

It's time for Goodness' sake — Dadi is coming to teach the magic of meditation.

Dadi Prakashmani, Administrative Head of the Brahma Kumaris World Spiritual University, will be visiting many major cities including Toronto, Montreal, Mexico City, San Antonio, San Francisco, Los Angeles, and Tampa, Florida, where a spiritual retreat will be conducted.

Her primary goal is to bring profound spiritual experiences and realization to people from all walks of life. Dadi will meet with government officials, religious leaders and all classifications of professionals. She will also be visiting New York to address an assembly of the United Nations and the Conference of Non-Governmental Organizations.

The BKWSU is an international organization devoted to the creation of mental peace and social harmony. The university is administered by women, is independent of traditional religion and politics, and charges nothing for it's services.

For information on Dadi's tour (Sept.) and other programs call the Raja Yoga Centres: **VANCOUVER,, 321-0964,** Seattle, 523-8150, San Francisco, 668-3487, Los Angeles 931-2027.

The Chinook Learning Community

A Ten Week Residential Course on Whidbey Island. January 7 thru March 15, 1985.

Winter Quarter: **The Radical Journey,** will focus on personal spiritual empowerment how we learn to deepen our experience of God and develop a vital Theological understanding.

The program will explore the meaning of holistic discipleship as we respond to a new and compelling sense of spiritual calling and its implication for personal, community and cultural life.

Scholars in residence include Brother David Steindl-Rast and Mother Tessa Bielecki.

Spring Quarter - **Vision into Action: Breaking the Mold.** March 29 to June 7.

For further information, contact the **Chinook Learning Center,** P.O. Box 57, **CLINTON,** WA. USA, 98236. Phone (206) **321-1884.**

Dhiravamsa

Vipassana (Insight Meditation) combines the development of concentration with a moment-to-moment awareness of all mind and body activities. It is a way of seeing clearly the totality of one's being and experience. Practice brings about penetrating insight into the nature of who we are and increased equanimity and compassion in our daily lives.

Dhiravamsa was a Buddhist monk in Thailand for 23 years before establishing a meditation centre in England in 1968. He is the author of seven books including "The Way of Non-Attachment" and "The Dynamic Way of Meditation". His newest centre is on San Juan Island, Wa.

The next workshop in Vancouver, Sept. 28, 29, 30.

For further information and registration phone **525-3123. NEW WESTMINSTER.**

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Add
- pounds of clowns
- jars of juggling
- a dash of stiltwalking
- songs and laughter

Let rise . . .
to sheer lunacy
and music for all!
We play for parades,
parties, festival banquets
and all sorts of celebrations.

Call! **874-5480, 732-6934**
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HOLISTIC **ESP FAIR**

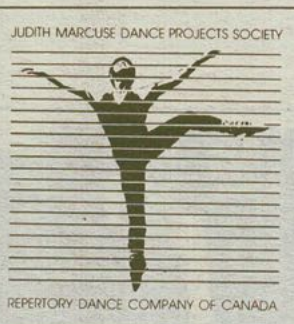
HOLISTIC ESP FAIRS

Canada:
Vancouver September 27-30
Calgary October 25-28
Edmonton November 1 -4

US: **Portland** September 20-23
Seattle October 18-21

The **Holistic ESP Fair** is an annual event held in many major cities in Canada and the U.S. The co-ordinating centre of these fairs rents exhibit space to individuals and groups involved in the Psychic, Spiritual and/or Self-development and related fields.

For further information regarding the Holistic ESP Fairs, please contact our Head Office at #103 1548 Johnston Road, **WHITE ROCK,** B.C. V4B 3Z8, Canada, Phone: (604) **536-1220.**

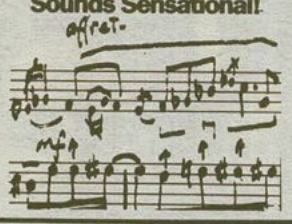


The Repertory Dance Company of Canada is Created.

Judith Marcuse, a choreographer and dancer who is highly respected in Canada and abroad, has created a new, Vancouver-based company -- the Repertory Dance Company of Canada. This new company has evolved out of the Judith Marcuse Dance Projects Society which Judith and her husband, Richard, established in 1980. You may remember their productions of *Playgrounds, Mirrors, Masques and Transformations, In Concert* and their children's program, *We Can Dance!*

The new Company's debut season is scheduled for the Arts Club Theatre, Granville Island, from September 24 - 30, with curtian nightly at 8:30 p.m. and matinees on Saturday and Sunday at 2:30. The dancers -- accomplished soloists from companies as diverse as Les Ballets Jazz, Winnipeg's Contemporary Dancers and Les Grands Ballets Canadiens -- will dance a mixed program of works by Judith Marcuse and Grant Strate, whose as yet unnamed world premiere is danced to Luc Ferrari's *Socialist Music.*

Tickets are available through the Arts Club Theatre Box Office **(687-1644)** and CBO/VTC outlets **(280-4444).** There's also a special fundraising **Debut Celebration on September 25th.** Call **921-8436** for information. **VANCOUVER.**

Vancouver New Music Society
Sounds Sensational!

The 1984-85 season marks the Society's thirteenth in bringing to Vancouver audiences the most interesting and provocative musicians, composers and compositions of our time. On **Saturday, October 6,** guest conducter JOHN ADAMS opens the series with the first Vancouver performance of **Steve Reich's** MUSIC FOR MALLET INSTRUMENTS, VOICES AND ORGAN. From there we host five more diverse and exciting highlights such as percussionist SALVADOR FERRERAS, THE KRONOS QUARTET, VANCOUVER CHAMBER CHOIR - and a special evening of electronics with pioneer composer/performer MORTON SUBOTNICK.

A pre-season discount subscription is available till September 15 for $36 adult and $24 student/senior. For information call **669-0909** or simply mail your cheque to: **Vancouver New Music Society,** P.O. Box 4941, **VANCOUVER,** B.C. V6B 4A6

In fact, if you miss the September 15 deadline, **just mention you read about us in COMMON GROUND and we'll honour your cheque at these rates.**

BODY WORKSHOPS WITH PHILIP CLEMENT

An experiential "hands on" teaching seminar, working with ENERGY FLOW and ENERGY BLOCKS. For healing self, and healing of others. Strategies from massage, movement, meridian therapies (shiatsu, polarity), deep tissue, bio-energetics, breath work, and more. Learn how to expand and focus energy. Pain problems, burn out, attitude blocks.

Level I. Oct. 12 (7:30 - 10:30 pm); Oct. 13 (10 am - 5 pm) open to all. $45.

Level 2. Nov. 16 (7:30 - 10:30 pm) Nov. 17 (10 am - 5 pm). Level I or equivalent as prerequisite. Recommended for professional and non-professional practitioners. $65.

Learn some powerful tools that you will use for the rest of your life.

Register in advance with Karen at The Vancouver Health Enhancement Centre, **876-5955** or **733-6350.** *(See logo ad under BODYWORK THERAPY.)* **VANCOUVER.**

healing: a natural expression of Self
touching: revealing the presence of healing

THE PEACE CONCERT
SRI CHINMOY IN CONCERT!

"Peace: God's Beauty in His Oneness - Home". The Concert of a lifetime!

Seattle November 15th
Toronto November 10th

Phone for more information & transportation information **VANCOUVER (604) 688-6364 or 261-0315,** Victoria (604) 592-6211 or 592-6942; Seattle (206) 392-3421; Toronto (416) 536-2695. **Tickets are free.**

NUDE GARDEN PARTY

Come out and play; we know you're in there.

Planning year-round healthful activities for everybody (swimming, sauna, volleyball, theatre, yoga, dance, healing, picnics). Promoting justice, social change, antisexism, learning, hygiene, nutrition, peace, fun. Needs members, indoor space, ideas, energy!

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ARTS & MUSIC

The Actors Institute

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Samurai - Three month program to market your career.

Mastery - Weekend Self-Expression Workshop. To expand your Creativity.

Acting Classes - Utilizing Uta Hagen's method of Scene Study, and Strasberg's Relaxation and Sense Memory Exercises.

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CALL NOW FOR MORE INFOR—MATION AND REGISTRATION.

The Actor's Institute, Ph. 879-2510, #230 - 195 W. 2nd Ave., **VANCOUVER,** B.C. V5Y 1B8
Director: Marcy Schacter

Our voices reflect all that we are physically, emotionally and mentally. The tensions held in the body are mirrored by the speaking voice. The primary experience of a free voice is achieved through the release of physical tension and in supportive breathing.

Working from this base, special exercises are used to develop **resonators**, which help strengthen and project the voice without strain, and articulators which clarify speech.

This work can be applied to:

- improving the vocal quality of every day speech.
- The basics of singing.
- Exploring text with Actors.

DALE GENGE (BFA, CMA) trained as a voice teacher and movement analyst in New York and has coached at the Stratford Festival.

Public classes will start in September at **Room to Move:** Beginners and Intermediate, Monday evenings; Advanced, Wednesday afternoons. Private classes by appointment.

There will also be a weekend introductory workshop in October through UBC Continuing Education.

For information call Dale, **738-8466. VANCOUVER**.

Artist Material and **Ilford Photographic** supplies are our speciality.

Savings of 20 - 50% on Paint, Winsor Newton, Shiva, Holbien and watercolour paper. Arches, Fabrian, TH. Saunders, Printing paper, Canvas.

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We price our supplies on a quantity basis, the more you buy the less the price.

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Mon. - Fri. 8:30 - 5 p.m., Sat. 10 a.m. - 4 p.m.

See us on **GRANVILLE ISLAND.**

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ROOM TO MOVE
A Unique Community of the Arts

ROOM TO MOVE is a studio dedicated to new directions in theatre and dance training. The teachers offering classes and workshops share the philosophy that exploration and training in the performing arts needs an environment of support, joy and communication in which to flourish.

We offer the opportunity to study in one area or to integrate several disciplines.

THEATRE

Corporeal Mime Theatre Training - Dean Fogal 733-7151

Act And Be Seen - Trish Grainge & Leslie Pinder 732-8151

Act/Interact - Pamela Harris 872-3922.

Musical theatre. Classes resume January 1985. Audition required. For further information, call Judy Maas 228-9630 after December 1, 1984.

Hands on Time (Rhythm for Dancers) - Sal Ferraras 733-0387.

DANCE

A. Beginners and Continuing

Taps/Chance to Dance - Catherine Lee (C. Lee) 733-7151.

Moving Imagery - Suzanne Hebert - 879-3696.

Middle Eastern Dance (Beg. & Adv) Gail Haddad - 731-4749.

Modern Dance (Beg. & Level 1) - Loretta Moore 731-3033

Appalachian Clogging - Connie Schrader 876-4526

Floor Barre Plus - Donna Snipper 222-4764

Dance Theatre For Adults - Jan MacLean 263-5342

Beginning Ballet - Lucy Ennis 324-8971

Basic Body/Basic Body Dance Class - Angela Brown 988-0949

Modern Jazz - Sheryl Freeman 224-0829

Always Wanted To Dance - Karon Graham 733-2344.

B. Intermediate to Advanced Dance.

Advanced Modern Dance Technique. Donna Snipper 222-4764

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Int/Adv Modern Dance & Release Work - Fritzraven Sky 873-0195

Int/Adv Ballet - Lucy Ennis 324-8971

VOICE & SPEECH

Releasing The Natural Voice - Dale Genge 738-8466

Techniques of Speech - Ian Raffel 738-8466

SINGING

Sing It! Fall - Carol Brauner 929-6564 (substituting for Judy Maas) Winter/Spring - Judy Maas 228-9630

Group Singing - Tom Oliver 876-9760

Vocal Techniques & Interpretation - Morganna Kelly 731-0907

ARTS FUSION

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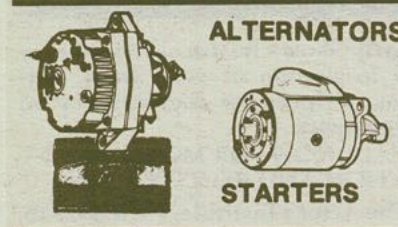

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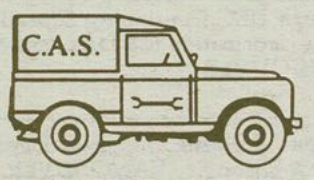

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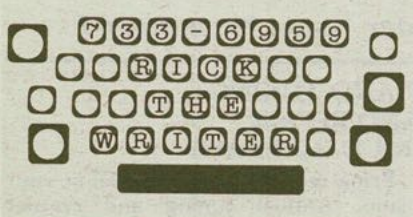

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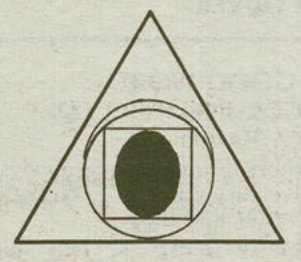

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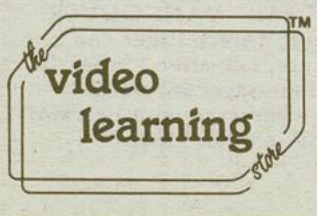

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INSIGHT NORTHWEST

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Insight Northwest began as a grassroots newsletter, distributed free, and has become a full magazine, rapidly expanding throughout the entire region, in only two years. In February, 1985, *Insight Northwest* will publish its first annual holistic directory, called *The Holistic Resource.* Subscriptions prior to February 1, 1984 will also receive this directory at no additional cost.

Call or write for a free courtesy copy of *Insight Northwest:* P.O. Box 95341, **SEATTLE,** WASH 98145-2341 USA. Phone (206) **523-2101.**

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Contact: **Radiance**, P.O. Box 23, **GRAY CREEK**, B.C. V0B 1S0 Canada, (604) **227-9469.**

RIDGE THEATRE

The Ridge Theatre is **the** place to go and see a movie. We've got the best in cinema: foreign art films, and specialized favorites. You name it! We've got it!

- One hour money back guarantee on all movies.
- $2 Tuesdays. . .all seats $2.
- Crying room for parents with small children.
- Health food concession with Natural Nectar ice cream, apple/orange juice, real butter on our popcorn.
- Cappucino bar with Lazy Gourmet Nanaimo bars.
- Golden Age **free** on Monday night.
- Dolby Stereo Sound System.
- Free program guide available 24 hours.

For more information see **The Sun** for our daily ad or phone **738-6311.**

For a great time come to the people's movie theatre.

We are located at **16th & Arbutus, VANCOUVER.**

Thank you.

THE REEL WEST DIGEST

The REEL WEST DIGEST is Western Canada's **professional film, video, audio visual and graphics reference book.** Published annually, the directory contains listings and advertisements of services required for multi-media productions ranging from sales promos, corporate films, documentaries and commercials to feature films. The REEL WEST DIGEST is available through mail order at $7.95 (payable in advance by cheque or money order.)

REEL WEST PRODUCTIONS INC. will also provide consulting and production services to companies and individuals interested in producing an audio visual, film or video. Anyone interested in promoting their services or facilities to Western Canada's rapidly growing communications industry should contact REEL WEST PRODUCTIONS INC. 310 - 811 Beach Ave., **VANCOUVER,** B.C. V6Z 2B5, (604) **669-4797.**

The REEL WEST DIGEST **now contains** *MUSIC WEST INDEX,* **complete listing for Western Canada's music industry.**

MACLEOD'S BOOKS

MacLeod's Books has a wide selection of used and antiquarian books. You'll find literature, classics, Canadiana, art, music, history, and philosophy.

Four parking lots within the block.

Open every day: Friday, till 9; Sunday, noon to 5.

455 West Pender, **VANCOUVER. 681-7654.**

CRAFTS

OH BROTHERS

Oh Brothers shop and gallery features work by British Columbia artists and craftspeople. We offer a fine selection of unique products created with skill and care.

When looking for a special gift, please visit our shop and discover our wide variety of pottery including decorative plates by **Peter Daniels** and **Sylvia Ohrn** and functional tableware by **Trudi Bergstrom.**

David New Small's glass is on display as is limited edition print work by **Barb Woods, Renaldo Norden** and **Blake Williams.** Browse through our gold, silver, brass and ceramic jewellery and enjoy the hand painted beauty of **Anne Gaze** silk scarves.

Oh Brothers at 2335 W. 41st Ave., **VANCOUVER**, welcomes visitors from 10 to 5:30 daily except Sunday. **263-2122.**

THE POT SHOP AND GALLERY

At the Pot Shop and Gallery you'll find the largest selection of handmade works in clay in Canada, and it's all produced in Vancouver. Everything from mugs, plates, casseroles and lampbases to tables, and large sculptural pieces in porcelain, stoneware, salt and raku. Constantly changing visual delight.

Excellent quality, artists prices.

Pot Shop and Gallery, 1359 Cartwright St., Granville Island, **VANCOUVER,** B.C. **687-7977.** Open 7 days a week, 10 a.m. to 5:30 p.m.

COMMUNITIES & CO-OPERATIVES

When love is master, all is serene. How do we know when love is master? Its simple — we feel continuously a boundless joy.

Few in our culture feel such joy. But there are cultures still existing where such continuous joy appears to reign. Jean Liedloff suggests that the Yequana Indians are one. Colin Turnbull suggests there are African pygmy tribes of whom this is true. Evidently it is not necessary to be a guru or a saint. Anybody can do it. Only most of us need a community to help us **We need many such communities and we need to be busy starting them.** People need to come together and commit themselves to using all the techniques of the human potential movment and/or ancient learnings from many religious traditions to work on themselves and each other to achieve this blessed stage. Very importantly we need to include the children in on the project wherein they will be both teachers and learners, for, as Jesus said, they have much to teach us.

The new age will promote not so much feminism as the feminine in all of us, in a way that most of human society has not known for perhaps 100,000 years. It will be expressed less through sexuality than through sensuality.

I would like to hear from those who feel moved by these thoughts and wish to make some such project their first priority.

Roger Lorenz, Box 979, **OROVILLE,** Washington, 98844, U.S.A.

The Salt Spring Centre

Situated on 69 acres of meadow and Woodland near Blackburn Lake, the SALTSPRING CENTRE sponsors regular workshops in health management, contemporary performing arts and systems of applied philosophy/religion. In addition, the Centre offers personal work/study retreats or full guest programs (rates are variable), and is also available for rental.

FALL WORKSHOPS

September 28-30: AN ORIENTAL APPROACH TO HEALTH.
Cost: $110

Oct. 5-7 Womens Weekend

Take **a break**. . . you deserve it! A potpourri of fun activities to relax, energize and pamper you:

Content: Full body massage and claypack - Sauna bath - Natural skin and hair care (including individual facial using oils, herbs, and organic sources) - Wardrobe coordination - Tai Chi and Yoga exercises - Aerobic workout - Pressure point massage ('Do-in') - Women's natural rhythms and cycles - just for play. . . Theatre sports - Intuitive Drawing - Volleyball - Delicious homecooked meals. . . and more!

As the purpose of the weekend is to recharge **you**, feel free to break away from program agenda and go at your own pace.

Cost $110.

Oct. 12-14. Pathways to Health, A Self-Health Workshop.

During the past year we have received an overwhelming number of requests to hold a 'hands-on workshop' in health and stress management. More and more, health is being viewed not merely as the suppression of disease symptoms but rather as a fundamental re-orientation toward life.

The Centre has invited four health professionals: Naturopathic physicians, experts in diet and nutrition and stress management therapists to host this workshop in practical techniques and approaches to facilitate and enhance health and prevent disease. This is an ideal opportunity, for those who wish to assume more responsibility for their health and well-being, to learn how to better control their destinies, achieve goals and reduce stress.

Content: Diet and Nutrition: "The appropriate diet for you" - Allergies and their management - Pathology of disease and laws of cure - Family homeopathy - Cleansing Techniques - Hydrotherapy - Massage - Yoga and Tai Chi - Nature cure - Relaxation and stress reduction.

Instructors: Dr. D. Elmore, D.C., N.D. (National College of Naturopathic Medicine); **Dr. D. Collins,** N.D. (John Bastyr College of Naturopathic Medicine); **Peter Bennett** (candidate - N.D.) Tai Chi and Yoga instructor; **Diane Crawford,** R.M.T., H.F.C. Kinesiology - S.F.U.), Yoga Instructor.

Cost: **$110.**

Oct. 19-21. Audition & Scene Preparation, Acting for Film & T.V. with Director Michael Berry.

For beginners, or those with limited experience, this course is designed to provide the actor with a better understanding of:

Audition Techniques - Studio and Location Procedures - Television and Film Terminology - Acting Technique - Voice and Movement - Commercial Requirements.

Cost: $150.

Nov. 2-4. Paul Horn: A Special Weekend.

The Salt Spring Centre is honoured to present a special event, an intimate weekend with internationally renowned musician and teacher **Paul Horn.**

Workshop Content: - How music works on the nervous system. - The transcendental value of music - Music and meditation - Music and movement. - Importance of music in our daily life.

Cost: $125.

Nov. 16-18. Unlocking the Word Hoard, An Approach to Writing Poetry and Fiction.

For anyone who has wanted to write but has never dared, or for anyone who has, but wants further instruction, here is a gentle, "hands-on" opportunity.

Instructor: **Sean Virgo.**
Cost: $110.

Workshops begin on evening of the date indicated with dinner meal and orientation and conclude the afternoon of the date indicated. Workshop costs include lodging, meals and ferry pick-ups.

For free brochure describing programs or **for further information write or call: Salt-Spring Centre,** P.O. Box 1133, **Ganges,** B.C. V0S 1E0. **537-9596** or **537-2326 (SALT SPRING) 874-3997 (VANCOUVER).**

To register for a workshop send a deposit of half the total fee by at least a week prior to the workshop date. Enrollment is limited. Late registrants add 10% to workshop cost.

FRIENDS OF FINDHORN

An informal group of former members and friends of this remarkable community in Northern Scotland. We sponsor talks by Findhorn and Lorian representatives, and act as contact persons for those interested in visiting, or simply being informed about, Findhorn.

Michael & Ricki Bertrand, **879-3805,** Paula Ford, **263-7656,** Margaret Gabriel, **688-5880, VANCOUVER;** Jane Kane (112) **826-7143, MISSION.**

COMPUTERS

MicroAge® COMPUTER STORES

"The Solution Store" ®

Computers are tools not toys. Your wisest business decision might be to invest in an IBM or IBM compatible computer system.

Would it help to gain more control over your business or increase your productivity? Are you interested in word processing or tracking receivables or generating your own financial statements? Are you ready?

MicroAge Computer Store is **"The Solution Store."** Small business men and women, professional and large corporate clients trust us. Why?

It's a wild computer jungle out there. We know what it takes to satisfy our clients. The finest products (IBM, COMPAQ, Hewlett-Packard), experienced staff and a support and service-oriented philosophy.

We are building a reputation of spoiling our customers. Call us today. Wouldn't you like to be spoiled?

MicroAge Computer Store, 3601 West 16th Ave. (at Dunbar) **VANCOUVER. 222-1010.**

EDUCATION

People in Transition.
Periods of transition are sometimes periods of stress. Stress creates opportunity for self-discovery and growth. This group is for self-discovery and growth.
Starts week of **September 17**th.

The Way of the Warrior
Is about living life fully by living impeccably in a universe that forever gives us just what we need.
Starts week of **September 17**th.

Journey Inward
Is about quietly refining awareness of the inner self through silence, sound and observation.
Starts week of **November 5**th.

NOTE: Each course is 8 weeks long and meets for 1½ hours once a week in the evening. The cost is $75 per course. For enquiries and registration please call **926-4213** (between 8 a.m. and 11 p.m.)
COLIN D. MALLARD, B.A., M.Th., Counselling therapist, metaphysician, private counselling, hypnosis. **926-4213. WEST VANCOUVER.**

COULD YOUR HANDS HEAL?

Polarity Therapy & Healing.
After a session of polarity your body feels light, relaxed and alive. It is healing for the body and calming for the mind. If you want to improve or maintain your health, or that of others, polarity produces the lasting results you want, quickly, and it's relatively easy to *LEARN.*
POLARITY is a system of manual pressure point contact, yet its results lie beyond what you can expect from a simple massage. How does it work so well? Polarity works by balancing the life energy that flows through your body. It produces results because it works with the source of health — life energy.
For private sessions, call Polarity Centre of Vancouver. 266-7161.
Weekend Workshop. Learn how to heal yourself, relax, and energize your friends and family, using polarity pressure point contacts, exercise, diet and attitude. Who do you know who could use your healing hands? Next workshop **October 19, 20, 21.**
Professional Apprenticeship. Want a fulfilling, challenging career helping others? This program gives you that opportunity. (see ad on page **36**).
Contact **Howard Kiewe**, at **681-3309. VANCOUVER**, B.C.

DIRECTED INDEPENDENT STUDY COURSES
FROM
SIMON FRASER UNIVERSITY

The DISC Program at Simon Fraser University offers more than 100 degree-credit courses each year, providing an alternative to traditional classroom learning for those who wish to continue their formal education but cannot attend classes on-campus or at off-campus locations. In 1975, Simon Fraser introduced its first four university correspondence courses to 55 students; in 1984 about 5,000 students will enrol in DIS courses.
The University requires that DIS courses meet the same high academic and instructional standards as on-campus equivalents. All courses carry full university credit. They may be taken to begin a program of study toward fulfillment of major or minor requirements for a degree, to obtain Certificates in Health and Fitness Studies or Criminology, to obtain an Extended Studies Diploma, or for interest.
Students taking an SFU DIS course receive a complete learning package containing lecture notes; some include a supplementary reading guide, audiocassette tapes, slides and required course books. The Knowledge Network televises support materials for several courses. And each course is assigned a tutor/marker responsible for assisting students with course work.
Those wishing to enrol in a DIS course beginning in January 1985 should apply for admission to the University by **November 1,** 1984 and no later than November 30. Call the **DISC Program, Simon Fraser University, 291-3524. (toll-free in B.C. 112-800-242-1202)** for a calendar describing courses and programs and an application form.

ESTABLISHED 1926

Established in 1926, this is considered the classic in **correspondence courses in Herbalism.**
Well known graduates of D.H.C. include **Jethro Kloss,** author of *"Back to Eden"*, **Dr. John R. Christopher,** Master Herbologist, **Bernard Jensen,** D.C.N.D., author of *"Iridology"*, and many other prominent members of the Healing Arts.
Ella Birzneck, president of D.H.C. has been a practicing Herbalist and author for over 35 years. She interned with the original author **Dr. Herbert Nowell,** and has added her own material to the original course.
A practical summer seminar is available to students. Some video and cassette tapes are also available.
For information please write and mention this publication.
DOMINION HERBAL COLLEGE, 7527 Kingsway, **BURNABY, British Columbia, Canada V3N 3C1 (604) 521-5822.**

HECA
(Help Every Child Achieve)
Educational Consulting Service

PARENTS!
Is your child's academic performance below average?
Do you suspect (s)he has a learning disability?
Do you suspect (s)he is gifted?

HECA IS EXPANDING AND NOW OFFERS:
- Psycho-Educational Assessment and Diagnosis
- Individualized Remedial Instruction, based on a variety of techniques and approaches, including:
  - Orton-Gillingham, Project "Read"
  - Language Experiences Approach
  - Left-Right Brain Integration
  - Sensory-Motor Integration
  - Motivational Computor Programs
  - Follow-up Consultation with Parents and Teachers
- Seminars for Parents and Teachers
- Counseling
- Age Range: Preschool through Highschool
- Open during the Summer
- Competitive Fees

HECA's professional staff is trained and experienced in remedial instruction and psycho-educational assessment.

We have faith in the ability of every child to reach his potential. Teaching through strengths and breaking the learning task down into small sequential steps results in success, and fosters a positive self-concept. Goal setting, detailed planning, and frequent reporting to parents ensures accountability.
We accept contracts with school districts, private schools, day care centres, and other agencies.
For brochures or appointment call Joan Alderdice (Director) **224-2191, VANCOUVER.**

THE INSTITUTE
FOR THE
HUMANITIES
SIMON FRASER UNIVERSITY

The Simon Fraser University Institute for the Humanities was formed to mediate the resources and expertise of the university and the interests and needs of certain groups in the wider community. While some groups in our community have ready access to the university — one thinks of business, science and the bureaucracy — other perhaps less well defined groups have not developed such a relationsip. These include community groups mobilized around local, regional or national issues, trade unions, ethnic groups, artists, writers and publishers outside mainstream media and other groups with alternative visions of contemporary social and cultural reality.
Besides overseeing a series of credit courses in the Humanities, the Institute organizes and facilitates **conferences, seminars, workshops, research and publications on a variety of issues.** In the past year several thematic areas have been designated as priority concerns for the institute. These include: The Cultural and Psychological Roots of Social Justice; Work, labour and Human Development; Problems of Youth: Bureaucracy and Bureaucratization.

The Institute is sponsoring a series of activities during 1984-5 which focus either directly or indirectly on these concerns. Many of these activities are done in cooperation with other academic or community groups or with interested individuals. If you are interested in keeping informed of Institute activities or wish to learn more about our activities and intentions, please write to Jerrold Zaslove, Director, **Institute for the Humanisties, Simon Fraser University, BURNABY,** B.C. V5A 1S6.

MUELLER COLLEGE-MASSAGE

Mueller College offers instruction in massage, energy, acupressure and Sports Massage through the basic Technician and advanced Holistic Health Practitioner programs. Intensive instruction is offered for students who live outside the San Diego area in addition to our regular trimester program. Earn HHP certificate and/or AA, BA, MA degrees through University Without Walls by combining our "hands-on" intensives with your regular college work.

The Mueller massage is world renowned. Its power lies in a personal element which students learn to express using a framework of classical techniques and a humanistic approach. Approved by AMTA, VA, BRN.

Write or call MUELLER COLLEGE, 4607 Park Blvd., **San Diego,** CA. 92116. (619) **291-9811** for information and dates.

OTHER DIMENSIONS SERVICES and TRAINING CENTER

Other Dimensions offers a wide range of retreats, workshops, classes, and specialized training in the healing arts, esoteric studies, psychic arts, personal growth, intuitive divinatory arts, and creative arts.

The cooperation, sharing and international spirit which created the Center is an intrinsic part of the feeling that prevails in its on-going operations and educational functions.

The Center is administrated by **Andy and Joanne Schneider,** and is located in a beautiful mountain setting 7½ miles west of Salmon Arm, B.C.

For details about educational events, consultations and other services, send for a free sample copy of "CENTER LIGHT."

Write or phone: Other Dimensions Services, Box 2269, **SALMON ARM,** B.C. V0E 2T0. Phone **832-8483.**

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the Ovulation Method

THE OVULATION METHOD

Birth control is a very personal aspect of your relation with your self, your partner, and the universe around you. Reclaim its responsibility from doctors and drug companies, avoid side effects, and attune yourself to the body's cycles of fertility.

The Ovulation Method is the daily checking and charting of a woman's cervical mucous to determine fertile and infertile days of her cycle. When used correctly, this method was found by the World Health Organization to be **98.5% effective.**

The method is taught in two classes: the first ($5) to help you make an informed decision about its use, and the second ($25) an in-depth "how-to" class. Total cost with text is $30.

For information and schedule, call **Alison Van Nest, 731-9691, VANCOUVER.**

THE RAINBOW CONNECTION

The Rainbow Connection offers an incredible one-day seminar that covers many subjects, including relaxation, dynamic meditation, color therapy, seeing and interpreting auras, energy transference and past-life regression. Each section is experiential as well as informational.

You will participate in psychometry, energy boosting, mind over matter, mind reading and many other practical and fun activities. You will learn to use energy for magnetic healing in someone's presence or psychic healing at a distance.

Seminar includes free notes so your relaxation can be complete. Fee if you pre-register is $30; at the door $35. For information on dates and location of seminar call **Loretta Massey** at **931-8338.**

VANCOUVER NATURAL HYGIENE SOCIETY

Monthly meetings on last Monday of each Month.
Potluck 6:30 p.m., discussion following.
One day class each month.

DYNAMIC HEALTH & AWARENESS WORKSHOPS BEGIN Sept. 18, and then the first Tuesday of every month beginning Oct. 2nd for 3-week period, 10 - 12 am, and 7:30 - 9:30 pm.

Focus: Explore your potentials, and raise your consciousness by discovering who you really are and what your body needs to have good health.

Workshop I:
- Good balanced nutrition
- Selection, storage, preparation and availability of foods in B.C.
- Food combining for best assimiliation, absorption and classification
- Foods to avoid for optimum health
- Foods for cellular rejuvenation and regeneration
- Regulation of acid-alkaline balance

Workshop II:
- Causes of diseases, allergies, hypertension, etc.
- Compulsive eating and metabolic disorders: weight control, digestive problems, achieving detoxification, symptoms of detoxification
- fasting and building tissue.

Workshop III:
- Controversial protein and calcium question
- What to expect when you change your diet
- Basic needs of the body for vital health
- Emotional poise - attitude
- Love and it's importance in health
- Stress, tension and correct body use
- Exercise, rest, sleep and sunlight
- How to experience self-assured living
- How to experience a new approach to a positive, healthy life.

ART OF COOKING WITH NATURAL FOODS (in proper combination for best assimilation and absorption). Beginning Oct. 3rd, 7 - 9 pm.

Workshop I: Festive Salads, salad dressings & vegetarian casseroles.

Workshop II: Hearty Nutritious Soups and Grains, sprouted breads & crackers.

Workshop III: Delicious juices and bean recipes (legumes)

Workshop IV: Fabulous low-cal desserts, without sugar, eggs or milk.

Given by **H.P. Jaworski-Ritchie,** Educator, lecturer, iridologist, and author of *Physical, Mental and Spiritual Health,* who has lectured and educated many across Canada and the U.S. for the past 13 years, on nutritional rejuvenation through dietary regimes to allow the body greater healing.

For info call **926-3009. WEST VANCOUVER.**

The Vancouver WALDORF SCHOOL

The Vancouver Waldorf School is an accredited independent school which was founded in 1971. We offer pre-school, kindergarten, grade school and high school. Today, several hundred Waldorf schools operate in countries around the world. The first school was founded in Germany in 1919, and in 1925 the Waldorf approach to education spread to North America. Each year new schools are being founded as they continue to prove their relevance to society as a basis for a modern art of education.

Based on the principles of Austrian philosopher, scientist and educator **Rudolf Steiner, Waldorf Education is a spiritual dedication to the future well-being of mankind in a universal, non-sectarian way.** The curriculum aims to help the children understand the nature of the human being, their relationships to the world and their responsibilities in it, by drawing, in a balanced way, from the humanities, sciences and arts.

Because young children experience through feeling rather than intellect, **an artistic approach permeates all curriculum study.** In this way, Waldorf Education strives gradually to awaken the intellectual faculties in a harmonious natural manner by bringing to maturity the feelings, imaginative qualities, will forces and social awareness of the children, in response to their needs. Children then are given the opportunity to live fully in their whole being and to grow into adulthood, capable of acting out of themselves with true self-assurance whatever life brings.

To give the right subject at the right time is an important principle of Waldorf Education. The plan of each day and the progression of subject matter through the grades is organized in response to the stages of development of the children.

In **pre-school** and **kindergarten** we provide an atmosphere where children can play imaginatively and find joy in working together at simple activities. These would include baking, painting, handwork and music to give children rhythm throughout the week.

The **grade school and high school curriculum** includes Nature Study and Science, History and Literature, Foreign Languages, Mathematics, English Language and Literature, Geography, Art, Handicrafts, Gymnastics, Eurythmy and Music.

WALDORF SCHOOL ASSOCIATION of British Columbia, 2725 St. Christopher Road, **NORTH VANCOUVER,** B.C. V7K 2B6, **985-7435.**

Alternative B.A. or M.A. Programs

The Graduate Program is a non-resident, self-initiated study program leading to a *Master of Arts Degree.* Our students are highly motivated learners who are capable of working independently in a variety of fields — Marriage, Family and Child Counseling; the Creative Therapies; Fine Arts; Education; Holistic Studies; and many others. Each graduate student's work is closely supervised by core and field faculty in her/his chosen area of concentration.

The *Adult Degree Program* provides the *Bachelor of Arts Degree* for adult learners. This program involves a two-week residency in Vermont every six months. Students design their own study and work directly with one faculty member.

Vermont College is a division of Norwich University. which is accredited by The New England Association of Schools and Colleges. Affirmative admissions. Financial aid available.

For more information on these two programs, write or call Dean of Admissions, Box 176, Vermont College, **MONTPELIER, VT** 05602 **(802) 229-0522.**

STAR SUCCESS SEMINARS

Selling for people who hate sales.

This course defines sales as "giving people the opportunity to buy what they want." You will get comfortable selling, enjoy selling, and learn effective communication strategies based on the NLP model.

Whether you want to market a product or service, or even yourself, but don't know how, or you're a seasoned sales person looking for new strategies for expanded sucess, this course is for you.

Begins **October 4.**

Take the first step to success. For information and registration call, **Star Seminars** at **438-2751. VANCOUVER.**

ALEXANDER TECHNIQUE

The Canadian Society of Teachers of the F.M. Alexander Technique.

The Society has certified the following teachers in B.C.:

IN **VANCOUVER:** Marilyn Aikman **682-5715,** Jewel Brandreth **669-0075,** Swee Futrell **682-0148,** Marta Hunter **689-1285,** Jacques Inkel **738-0744,** Richard Ireton, **872-5760** (messages) **879-9968),** David Stobbs **689-1285.**

In **COURTENAY:** Michael Linton **338-6877.**

EVERYTHING YOU'VE ALWAYS HEARD ABOUT MIND OVER MATTER*

* but were afraid to try!

A book of how-to articles with detailed instructions of mind-control methods and metaphysical facts — includes general trivia on gems, healing, energy, color and more to help you live life to the fullest (and have fun doing it!)

Send $5.00 plus $1.00 postage to **Rainbow Connection,** 1020 Hibbard Ave., **COQUITLAM,** B.C. V3J 4Z5, or phone **931-8338.**

CULTS

A free 2 hour presentation with NFB film explores the nature of Free Will versus Brainwashing. Literature on over 50 purported cults available. Cults c/o 11680 - 97th Ave., **SURREY,** B.C. V3V 2B8. Literature $4.00 Contact: Rick Watson **581-3857.**

STUDY/RESEARCH GROUP

Forming to study Belief Restructuring. A method of self-growth and self-change, of interest to teachers and students of the mind.

For information and interview, phone Sherry at **522-8809** after 6 p.m. weekdays or after 10 a.m. weekends. **NEW WESMINSTER.**

ENERGY & THE ENVIRONMENT

GREENPEACE

Gray whales were hunted nearly to extinction until their protection in 1946. They are now well on their way back to a large and stable population... but this year many have died mysteriously in our local waters. Are the Gray whales now the victims of "harpoons of pollution"?

Greenpeace wants to save the Gray whales and has begun a major research project to solve this mystery. We are conducting a population survey of the whales in our local waters while looking for sources of pollution that may be poisoning them.

We need your help... you can donate to our Gray Whale Project, become a member, or volunteer your services by contacting:

The Greenpeace Foundation
Box CG, 2623 West 4th Ave.
VANCOUVER, B.C. V6K 1P8

FASHION & STYLE

MASEUR Sandals and Innersoles

Ooooh, the bliss of happy feet! The unique sturdy surgical rubber nodules of MASEUR **Sandals and Innersoles** gently massage your feet to increase your blood circulation and revitalize your whole body. Simultaneously, these nodules allow free air circulation to the soles of your feet.

The tough non-slip rubber soles of **Maseur Sandals** softly cushion the jar of your movement providing wonderful relief to your tired, aching feet and legs. MASEUR **Sandals and Innersoles** contain no animal product, are totally washable, extremely durable, flexible and lightweight.

The natural good looks and quality of MASEUR Sandals make them attractive to wear. Meanwhile, MASEUR Innersoles offer you the major benefits of MASEUR Sandals — all the time!

VANCOUVER REFLEXOLOGY CENTRE, Rear 2813, West Broadway, **VANCOUVER, 733-2163.**

BLOOMINGALES

USED CLOTHING — SPECIALIZING IN COTTON AND OTHER NATURAL FABRICS

Great clothes at great prices for the whole family! You'll love to shop at **Bloomingales,** a store with old-timey charm, natural fibres, and amazingly low prices.

We specialize in clothes that are current, what people are putting on their bodies these days. Plus you'll find the old classics, oriental favorites (kimonos, ukatas, cheong sam's, etc.) and fancy dress-ups from the romantic past. We sell cheap dreams and fulfill exotic fantasies.

All our clothes are carefully chosen, freshly washed or dry cleaned, and lightly ironed. We enjoy serving you with a better deal in 1984.

Bloomingales, 4301 Main St. at 27th Ave. Phone **874-8004. VANCOUVER.**

Deadline for Winter Issue: November 7

"When planning for a year, sow corn. When planning for a decade, plant trees. When planning for a lifetime, train and educate men".

- Chinese Proverb

FITNESS & SPORTS

THE DANCE SHOP HAS MOVED

New location 1023 W. Broadway at Oak (across the street, half a block west from old location).

Come visit our new shop 733-6116.

PERSONALIZED FITNESS TRAINING

FOR THE FIT AND PRE-FIT

A new approach to physical fitness which works with you on a physical and motivational level. All sessions are done on a one to one basis.

An assessment is done to evaluate your level of fitness and areas of motivational difficulty.

A program is designed which works with your unique needs and abilities on endurance, strength, flexibilty, and motivation.

Your trainer meets with you on a regular basis to instruct, support, and actually do your fitness program with you. Get involved in your own fitness now!

Call DAEDALUS INSTITUTE, **222-0133**.

FOOD & RESTAURANTS

CRS WORKERS' CO-OP

CRS Worker's Co-op is a worker-managed business; it is owned and run collectively by all the members who work for it. There are two **CRS** industries in Vancouver; the **CRS Food Wholesaler** and **Uprising Breads Bakery.**

CRS Food Wholesaler is a warehouse which dispenses whole food throughout B.C., the Prairies and the Yukon. We carry about 200 products, mostly in bulk 10kg-25kg case sizes; including nuts, dried fruit, nut butters, baking supplies, rice, seeds, flour, beans, snacks, oils, pastas, granolas, coffee, grain and cheeses. Some packaged foods available.

Orders may be placed by mail or by phone, two days in advance of expected ship-out or pick-up date. Minimum order requirement is $100. *We welcome and encourage buying clubs.*

Uprising Breads Bakery produces a variety of wholesome breads, goodies and pastries for wholesale or retail trade; as well as providing delicious snacks and sandwiches for the lunch-time crowd. Open Mon-Fri., 8:30-5:30 and Sat. 10-4.

Uprising Breads Bakery — 1697 Venables, **VANCOUVER,** B.C. **254-5635; CRS Food Wholesaler** — 1239 Odlum Drive, **VANCOUVER, 251-1585.** Please phone for further information and price lists.

DENMAN ISLAND MISO
Makers of fine Natural Miso

Miso has been making great tasting soups in Japan for over 1,000 years, but rich flavour is only part of the story. **Unpasteurized Denman Island Miso** is endowed with enzymes which aid digestion *and* high quality protein.

Our miso is a brown savory paste made of four simple ingredients: Organically grown soybeans, grains (rice, barley or brown rice), sea salt, and spring water. These fine ingredients are carefully prepared and then aged in wooden vats for up to 2 whole years.

We make our miso right here on beautiful Denman Island and use the age-old techniques taught us by a Japanese miso master. But miso's versatility isn't limited to Asian cuisine. Send us a self-addressed, stamped envelope and we'll send you free miso recipes.

DENMAN ISLAND MISO, #5 Wren Road, **DENMAN ISLAND,** B.C. V0R 1T0. **335-0253.**

DHARMA JUICE Co.

Quality, "live" juices, produced the old-fashioned, natural way are available year-round from the **Dharma Juice Co.**

Our "live" juices are 100% pure, made from fresh, whole fruits and vegetables, with nothing added or boiled away. **Dharma Juices** are unadulterated by additives or preservatives and unaltered by pasteurization-sterilization processes.

"Live" juices contain all the vital minerals, vitamins and enzymes that are found in the raw foods from which they are pressed. Because these nutrients are so readily assimilated, they replenish our bodies with "instant energy" and nutrition. Consequently, our juice is natural and of the finest quality.

To enhance or rejuvenate your health and energy on a daily basis, Dharma's "live" juices will serve you well.

Found at your local Health-minded stores or call (206) **734-6157, BELLINGHAM,** Wa.

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the excellent EATERY

3431 - W. BROADWAY
738-5298
(A VERY NICE FULLY LICENSED FAMILY RESTAURANT)

"Food, service and prices are all excellent". The Budget Gourmet

"Well worth a visit." The Georgia Straight.

The Eatery is a fine family restaurant that well deserves its rave reviews, and plenty of people will tell you so. It's exceptional popularity is contributed to by a number of positive factors. The comfortable environment is nice and homey with the most humoungous menu in town, featuring better things in the life of a taste bud.

Eatery prices don't make a wallet feel trampled by a hippo herd, and the casual good service can satisfy the queen herself. By all means bring the kids, who get little freebies with their dinners.

The Eatery emphasis on a wide variety of healthy foods, a choice of portion sizes, and famous desserts are all hits with a public increasingly desirous of continued bodily well being.

In a recession where the remaining market is dominated by mega-buck trend-tryers, **The Eatery** is proof positive that a small family business — built from scratch by a hard-working couple — can be successful.

Try it out, bring the family and treat yourself! You deserve it! 3431 W. Broadway. **738-5298. VANCOUVER.**

FAMOUS FOODS

For over 50 years FAMOUS FOODS has been supplying Vancouver with high quality bulk foods and spices at the lowest possible prices.

We package over 500 quality natural food products, herbs and spices and stock over 2,000 different items ranging from specialty foods, cheeses, special diet items, and basic grocery items all at the lowest possible prices available.

We also stock large quantity packages ideal for institutional or special service use.

While other stores try to imitate, and the supermarkets are now coming out with the new concept bulk food packaging, FAMOUS FOODS after 50 years continues to offer the best alternative in a proven concept of food purchasing of natural foods.

Come on in, compare and visit our **new location** at **1595 Kingsway** (at 25th Avenue) **VANCOUVER. 872-3019.**

THE INNER GARDEN

NATURAL HEALTH CENTRE

The Inner Garden Natural Health Centre is unique in its emphasis on health education combined with a holistic nutritional approach. We succeed in this goal by carrying a wide range of prime quality items while also coordinating a varity of workshops and seminars by commendable practitioners.

Effective cleansing products such as Greenlife Powder, Bentonite Clay, colema boards, cleansing teas & formulas, distilled water, and wheatgrass juice are available, as well as an array of literature on fasting and purification.

Herbs from Pure Life, Nature's Sunshine, Vogel, Flora & Wild Rose are also emphasized for healing and rejuvenation. For vitamin enthusiasts we also stock a rich display of popular vitamin brands.

Champion Juicers, Bionaire Air Filters, Reverse Osmosis Water Purifiers, Food Dehydrators, Yogurt Makers, Sprouters etc. **are also available at the lowest possible prices.** Premium cosmetic lines like Dr. Hanschka, Weleda & Nature de France also reflect our sincere interest in providing the best.

Workshops and seminars are offered throughout the year on **Reflexology, Rebirthing, Iridology, Stress Management, Yoga, Shiatsu & Massage, Meditation, Herbs and Nutrition.**

For further information feel free to drop in and see us or phone **733-0127**. Located at 2813 West Broadway (by MacDonald). Free newsletter and activity schedule available! **VANCOUVER.**

Jacques Spratte's, Vancouver's original, and only, *Cuisine Minceur* restaurant, offers excellent dining in the comfortable ambience of a beautifully restored old home.

Everything is fresh - even the herbs used to enhance such flavoursome dishes as Vichyssois, Seafood Au Gratin, Chicken Cordon Bleu, and **Coquilles St. Jacques.**

There is a fine selection for vegetarians, such as Tofu Hot Pot or Ratatouille, while heartier appetites will love Mrs. Spratte's Specials.

We are proud to present our **newly renovated Garden Bistro,** where you can sit in glassed-in comfort while dining on a wide selection of lighter items. Open from 11 a.m. till late each evening.

And also presenting the **new Valet Lounge,** with happy hour 4:30 to 6:30 featuring complimentary hor d'ourves.

Dinner served nightly. Champagne Brunch on Sundays.

Reservations recommended.

Jacques Spratte's, 1812 West Broadway, VANCOUVER. Phone **734-0414.**

T·H·E NAAM ·RESTAURANT·

Dear Moses:

What a surprise to discover you were a cook at the **Naam Restaurant** 15 years ago! You probably remember it as one of the first 4th Avenue natural foods restaurants. Hippies all around. Well, let me tell you Moses, the joint has changed!

They've moved the store across the street, knocked out walls and added a beautiful salad bar. The whole restaurant opens out onto a gorgeous garden patio where you can sit and enjoy a cold beer or a bottle of wine. Classy! But it's still relaxed and comfortable with great food at reasonable prices.

But you know what Moses? It's still the Naam! But the **New Naam. Sunday Brunch, Fireplace, Service!** Do you know what I mean? So look, if you and your friends are clinging to the image of the old Naam, forget it. You've got to come and see for yourself.

P.S. I hear that you can get a buck off the new self-serve Tostada bar during September if you bring in this letter.

Enjoy! THE NAAM RESTAURANT, 2724 W. 4th Ave., Open 11:30 am - 11 pm, Mon. - Sat., 10 - 10 pm Sun. Reservations Recommended. VISA. **738-7151. VANCOUVER.**

POCO'S NATURAL FOOD

2670 Shaughnessy
Port Coquitlam
942-5612

next to Underpass

Hi! "Maaike" is my wife's name and "Boy" is her husband's. We've run our store for 7 years now and enjoyed close encounters with a great many people. We talk a lot and listen too, realizing that you're a whole person, not just a headache and/or flat feet!

We think that humans can stand on their own feet but sometimes don't know where to put them!

Health and Peace work from the inside-out; we nurture both with: organically grown fruits and vegetables from **'Wild West'**, herbs and spices from **'Folklore'**, fresh breads from **'Lifestream'** and **'Almay'**, pasteurized milk, cream and cheese from **'Avalon'**, wide selection of food-supplements such as vitamins and minerals, glandulars, **'Bach Flower Remedies,** Homeopathic and Herbal Combinations. We grow Wheatgrass and sell nuts and seeds, grains and legumes, books and cosmetics. We grind peanut-butter and stone-grind grains; bring container for bulk honey at 1.15/lb.

Herbal Consultations by Lars Carlsen C.H. on Saturday afternoons.

In (one) Peace, **Poco's Natural Food,** 2670 Shaughnessy Street, **PORT COQUITLAM** (next to Underpass), **942-5612.**

SWEET CHERUBIM
NATURAL FOOD BAKERY
FOOD STORE & RESTAURANT

Over the years **Sweet Cherubim** stores and restaurants have become a Vancovuer landmark for people desiring **good, wholesome natural** food at reasonable prices.

Our freshly baked breads, pastries and muffins, generous garden salads, hearty soups and special vegetable based entrees; including our famous wholewheat pizza, are being enjoyed daily by more and more members of the growing natural food community.

In the same way, our everyday low prices on bulk and packaged natural foods, dairy products, organically grown fruits and vegetables, vitamins and personal care items along with our unbeatable weekly specials have also served to win us a lot of friends and loyal customers.

Sweet Cherubim now has three convenient locations:

- 3629 **W. Broadway** (at Alma), **VANCOUVER 731-3022**
- 4242 **Main St.** (at 27th), **EAST VANCOUVER, 876-6255**
- 1105 **Commerical Dr.** (at Napier), **EAST VANCOUVER, 253-0969**

Why not drop in the next time you're nearby and enjoy some of our heavenly food for yourself.

"Heavenly Food at down to earth prices".

WAYNE'S DAIRY SERVICE
228-9119
OLD-FASHIONED MILK IN THE BOTTLE
Avalon DAIRY PRODUCTS

Finally you can have old-fashioned bottled milk delivered to your door.

Wayne's Dairy Service carries a full range of **Avalon Dairy** products, including undyed Armstrong cheddar cheese, unhomogenized whole milk (with the cream floating on the top), fresh range eggs and natural melon juice.

For delivery to most locations in the **Lower Mainland,** including White Rock and Surrey, call **228-9119** or write to 4110 West 15th **VANCOUVER.**

CERTIFIED ORGANIC
WILD WEST at the Granville Island Market

"Wild West" is shedding it's old name and trading it in for a new one; **"The Healthy Gourmet".**

In this day and age, where health has become a focus of many, the right food needs to go with the right attitude; lots of exercise, fresh fruits and vegetables, clean dairy products, alternatives to junk foods, and high quality protein foods.

This is why our store carries the food it does: organic vegetables, exotic fruits as well as local, raw cheeses, tofu, **wild chanterelles and shitake mushrooms,** japanese wheat meats & vegetarian pate, unsweetended juices, natural salad dressings, yogurts, maple syrup and freshly baked Naam bread.

We are also proud to introduce to you an old time favorite: the **Grishnich Cheese,** a raw milk gouda cheese made right in Chilliwack. It's produced with vegetable rennet and comes in four delicious flavors: peppercorn, herb & garlic, cumin, and natural.

Come and see us at the GRANVILLE ISLAND PUBLIC MARKET. We are open Tuesday thru Sunday, 9 AM to 6 PM. Our address is 1625 Johnston St., **VANCOUVER.** Our phone number is **685-6639.**

WOODLANDS
Natural Gourmet

Woodlands Natural Foods offers the finest vegetarian dining experience on the West Coast . . . with an extensive buffet selection of International Food - - all prepared without anything artificial

We bake all of our own breads and pastries daily. Our salad bar is bountiful with garden greens and fresh fruits.

Four locations.

And -- we invite you to shop at our **complete Natural Foods Stores at Robson** and **North Vancouver** locations.

- **Woodlands Natural Foods #1:** 2582 West Broadway (Upstairs) at Trafalgar **733-5411 VANCOUVER**
- **Woodlands Natural Foods #2:** 1632 Robson **688-3738** (store): **687-4855 VANCOUVER.**
- **Woodlands Natural Foods #3:** 1813 West 4th Ave. (cafeteria). **VANCOUVER.**
- **Woodlands Natural Foods #4:** 1st and Lonsdale, **985-9358 NORTH VANCOUVER.**

EDIBLE ISLAND WHOLE FOOD MARKET

This workers' collective is located 8 miles north of Courtenay. Stressing organic and bulk products, we carry a full selection of cheese, nuts, grains, produce, herbs, dried fruit, juices, and other items from books to bodycare.

Best prices on the Island. Retail and wholesale. Enjoy the Comox Valley and drop by for a visit.

Okanagan fruit arriving weekly.

Open Monday to Saturday, 10 a.m. to 5 p.m., Thursday 'til 7 p.m.

MERVILLE, B.C. **337-8464.**

VALLEY NATURAL HEALTH PRODUCTS

Come and see our new bulk foods section, and enjoy our delicious lunch bar. Other features include:

- vitamin supplements
- juicers & appliances
- lending library
- tonics — herbs
- natural cosmetics
- book department

SERVICE IS OUR BUSINESS

20425 Douglas Cresc., **LANGLEY,** B.C. **534-2512.**

GARDENING & PLANTS

Earthrise Home and Garden Store

Earthrise is your complete organic gardening store.

We sell all the natural fertilizers — rock phosphate, bonemeal, canola seed meal, bloodmeal, kelp meal and greensand. They come in large (20-30 kg) bags or 5 kg bags for the city farmer. (Ask for the price of rock phosphate by the ton).

Earthrise specializes in vegetable seeds for our climate, including many over-wintering varieties. We carry **Territorial Seeds** from Oregon, **Abundant Life Seeds** from Washington and **Island Seeds** from Victoria. Also herb seeds and some flowers.

Now in our second year we have expanded our selection of gardening tools and supplies, including many to extend your growing season and protect crops from insect damage.

Our goal at **Earthrise** is to help you grow and preserve fresh food. We carry many preserving tools including jars, canners, juicers, pressure canners and dehydrators. Also how-to-books on gardening, cooking and energy conservation.

We welcome your questions and suggestions.

EARTHRISE is at 4111 Macdonald one block North of King Edward in **VANCOUVER**. Our phone number is **736-8404**.

Open Mon.-Sat. 9:30 am - 5:30 pm.

FERNHILL HERB FARM — MAYNE ISLAND B.C.

FERNHILL HERB FARM maintains an extensive array of culinary and scented herb plants. Visit us at the farm or send for your free catalogue.

FERNHILL BED & BREAKFAST offers comfortable and attractive surroundings, good service and warm, year-round hospitality. The carefully-prepared food, much of it home grown, is enhanced by our large selection of herbs.

ISLAND THYME GIFTS evoke the sights, scents and flavours of the country. For your pleasure, we feature herb teas, honeys and vinegars, sweet bags, bath herbs and facial steam mixtures as well as other fragrant delights.

Daily ferries arrive at Mayne Island from Tsawwassen, Swartz Bay and other Gulf Islands. Come and see us soon!

Fernhill Herb Farm, P.O. Box 140, **MAYNE ISLAND,** B.C. V0N 2J0. (604) **539-2544.**

A feast for your senses at Fernhill.

CITY FARMER
Canada's Office of Urban Agriculture

Join Catherine Shapiro for Vegetable Gardening every Saturday morning at the Vancouver Demonstration Food Garden, 2150 Maple Street, and learn how to grow your own food organically twelve months of the year.

Please call for times at CITY FARMER **685-5832,** #801-318 Homer St. V6B 2V3. **VANCOUVER.**

NATURE'S BUG-KILLER

DIACIDE EARTH POWDER kills garden and household insects physically by dehydration. No toxic residue, will not poison people, kids or pets. Great for aphids, fleas, ants, beetles, roaches, etc. Only $8.00 including applicator.

Part-time dealers needed for DIACIDE, Natural Vitamins, Herbs; very low investment . . . unlimited potential. (604) **874-6648. VANCOUVER.**

GLOBAL & SOCIAL CHANGE

STOP WARS — REFUSE ⌿ CRUISE

One nuclear bomb can ruin your whole day.

Largest selection of Peace & Anti-nuke buttons & bumperstickers in Canada.

BUMPERSTICKERS: a great way to drive your message home. Quality silk-screened on all-weather vinyl so they won't flake or peel off.

Messages include: **One Nuclear Bomb Can Ruin Your Whole Day**/No Cruise/ Wage Peace/ Save the Human (Whales)/ Peace is Disarming/ Split Peas - Not Atoms/ Refuse the Cruise . . . *and many more.*

BUTTONS: Bread Not Bombs/ Better Active than Radioactive/ Arms are for Hugging/ Make Love Not War/ Another Woman For Peace/ etc.

POSTERS: the favorite *Gone With the Wind* billing Ronald Reagan and Maggie Thatcher in "The most explosive love story ever told."

Use these products as fundraising items for your group or as hot stock items at your store. Call **734-8915.**

Mail order address: TELEGRAPHICS, 2148 Cornwall Ave., **VANCOUVER,** B.C. V6K 1B4

Our goal is to establish a permanent home for peace in Vancouver.

Sept. 18th you are invited to the **Vancouver Peace Centre Society's first general meeting.** 7:30 p.m. at the SPEC building, 2150 Maple Street.

VPCS is a non-profit society modeled on the Vancouver Foundation and Endeavour for the Arts & Sciences, two successful charitable organizations. We are now encouraging people to join the Society, **Annual Memberships, Patron Memberships** are available. Our charitable status has been approved by Ottawa.

We're moving to a new location in South Granville this fall.

To make this space functional, however, we will need to install plumbing. We'll also be looking for furniture, fixtures, and other office equipment.

If you have anything to offer or any suggestions call **669-2227.** VPCS, 1211 Bidwell St., **VANCOUVER,** B.C. V6G 2K7.

HEALTH, HEALING & BODYWORK

ADVENTURES IN LEARNING
SELF HYPNOSIS TAPES

Advertised in *Newsweek, Psychology Today, Cosmopolitan, Readers Digest, Weightwatchers,* **Our Tape Programs are the Number One Choice for Discerning Consumers.**

Every program offered by adventures in learning is written and produced by internationally recognized **Dr. Lee Pulos**. Every tape is the result of many years of research and clinical practice.

Our tape programs are used and recommended by the medical community, business executives and people from all walks of life.

FREE CATALOG

Call Today for our **Free Catalog** of 50 tape titles including *Stop Smoking, Weight Loss, Stress Management, Goal Setting, Confidence, Hypertension*. Mention this ad and receive a **10% Discount**. (Regular Price $14.95 per program).

ADVENTURES IN LEARNING, 1260 Hornby Street, (Lane Entrance). **VANCOUVER,** V6Z 1W2, **688-6979.**

NUTRITION & AGEING
SPECIAL LECTURE SERIES

Slowing Down the Ageing Process, Sept. 19th 7:30 p.m. Vancouver Health Enhancement Centre, 2021 Columbia St., Vancouver. Guestspeaker: George H. Bengtson, President of "The Best in Life".

Food, Emotions and the Aura. Oct. 1st 7:30 p.m., Vancouver Health Enhancement Centre, 2021 Columbia St., Vancouver. Guest Speaker: Dr. A. Krawec (Ph.d Nutrition) will discuss nutrition and Kirbana photography.

Light and Healing Energy from the Sea, Nov. 29th, 7:30 p.m. Vancouver Health Enhancement Centre, 2021 Columbia St., Vancouver. Special guest speaker T.B.A.

Light and Healing Energy from the Sea, Dec. 5th 7:30 p.m. The Inner Garden, 2813 West Broadway, Vancouver. Special guest speaker T.B.A.

Natural Protection Against Stress and Environmental Pollution. Dec. 10th 7:30 p.m. Vancouver Health Enhancement Centre, 2021 Columbia St., Vancouver. Special guest speaker T.B.A.

For information regarding lectures write: The Best In Life, Suite 442, 1755 Robson St., **VANCOUVER,** B.C. V6G 1C9 or call **688-8661.**

A Natural Way to Wellness

GERONA ALDERIN
Certified Iridologist
Reflexologist

Do You Want to Feel Better Now?

Life is Great when we are emotionally and physically well, we are positive, energetic, productive. Sexuality is enhanced and we attract mutually nurturing relationships.

Life Is Not So Great when we lack energy, worry, ache, feel lethargic, or ill and can't cope.

My Approach:

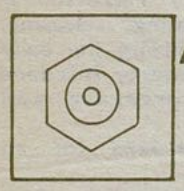
• IRIS ANALYSIS & CONSULTATION reveals strengths, weaknesses, toxaemia, etc. in the body. We can discuss natural methods of overcoming problems through diet, exercise, supplements, and detoxification programs using a wholistic approach.

• REFLEXOLOGY is a gentle foot massage which relaxes the body and brings about harmony.

My Experience: I overcame health problems; allergies, breast lumps, etc. naturally.

What Does All this Mean to You? Our goal is for you to feel much better.

For appointment or information, please call **669-6066, VANCOUVER.**



Arica West

Experience the dramatic physical and psychic tranformation of **Arica Psychocalisthenics** exercises.

Arica's scientifically precise exercise program is designed to restore natural elasticity, balance, and strength to the human body using specific breathing patterns that unify mind, body and emotions. In **one week,** you will feel more **energetic, relaxed, supple, and alive.** In **two weeks,** you'll experience more **vitality,** a **new grace and harmony** in your movements, and an **inner calm and stability.**

P-cal may be done by people of any age, takes a short time to learn and approximately 15 min. of your time at home each day.

For more information and a demonstration at the Health Enhancement Center on November 24 call Brock **738-9143** or Terri **681-2555, VANCOUVER.**

Aromatherapy
Margaret Gabriel

'AROMATHERAPY' is the use of plant essences in healing. The treatment is given to gentle, taped music in our peaceful meditation/ healing room. The session lasts 1½ hours, beginning with an attunement between client and practitioner and consists of an Aromatherapy Massage which concentrates on the nerves rather than muscles. The fragrant oils soothe the psyche as well as the body.

The treatment is completed by a facial herbal steaming, facial massage and the partaking of hot, refreshing herbal tea.

Price: $40 per treatment.

GIFT CERTIFICATES HERBAL SLEEP PILLOWS, POMANDERS AND LAVENDER BAGS are available.

#34, 'The Manhattan Co-Op', 784 Thurlow Street, **VANCOUVER,** V6E 1V9. (604) **688-5880.**

BODYWORK THERAPY

Energy Flow: When you are satisfied with how you express yourself creatively, with how you communicate, with your sexuality, with your health and productivity (sufficiency), your Energy Channels are open, the energy flowing. You expand naturally and uniquely. You get to be who you are, and allow who you are to be!

Energy Blocks: Stress situations that repeat themselves even when circumstances change (i.e. different city, same blues; different relationship, same hassle) are a result of holding patterns in the musculature, connective tissue, posture and psyche. Release the tension held in at those levels, and the energy will flow.

Energy Contraction: Difficulty in saying I love you / I need you / No / Yes; dis-ease; addiction; pain in the neck, tight shoulders, poor self-image, shortness of breath; tension. Bodywork teaches how to expand energy.

My Bodywork: I use principles and techniques from Reichian Therapy, Postural Integration, lymphatic, corrective and psychic massage, Gestalt, connective tissue, Lomi, Polarity, Dance/ Movement therapy, bio-energetics, Yoga, meditation, intuitive/sensible nutrition, contextual approach, and love.

Philip Clement. The Vancouver Health Enhancement Centre, 2021 Columbia St. **VANCOUVER,** B.C. **733-6350, 876-5955.**

Workshops October 12, 13; Nov. 16, 17. See ad in Events Section.

The **Canadian Holistic Healing Association** invites you to participate in the following events at **The Vancouver Health Enhancement Centre,** 2021 Columbia **VANCOUVER, 876-5955.**

• health counselling, referral to holistic practitioners. Mon.-Fri. 10 am - 3 pm.

• **Open House Speaker Series,** speakers on a variety of topics related to holistic health. Tues. eves. 7:30 pm.

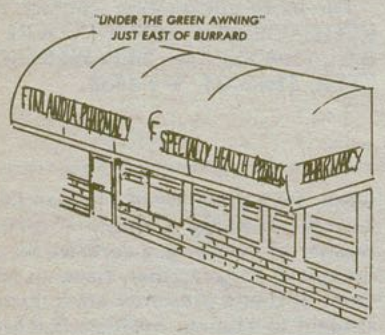
• **Jin Shin Do - Accupressure Training** — Arnold Porter & Pat Novotny, authorized Jin Shin Do teachers. Sept. 22, 23, 29, 30. 10 am - 5 pm. $150 ($125 stud., sen.).

• **Joshua Biel** - lecture / discussion. Sept. 28. 6:30-10:30 pm. $5. **Intuitive Astrology,** Sept. 29,30. **Yoshea,** healing technique. Oct. 1,2. **The Power of Pretending,** Oct. 3,4. $75 per workshop or all for $150.

• **Awakening the Heart** - intensive with Lynn & Chris Muendel, MD. Nov. 9-12. $100.

• **Vibrational Healing & Flower Essences** - Henry Dorst. Dec. 1, 10 am - 6 pm. $40.

Preregistration required for all workshops.



At **Finlandia Pharmacy** we believe you should choose your pharmacist with the care you choose your doctor. Your pharmacist should be a person you know and trust. We are a neighbourhood pharmacy offering you individual service and attention.

Finlandia Pharmacy has a relaxed atmosphere to allow more personal contact with the pharmacist. We want you to feel comfortable so that you and the pharmacist can get to know each other. The pharmacist is here to help you with any concerns or questions you have about your drugs; how they act; what precautions you should take; how other drugs may change their effect.

Finlandia Pharmacy allows the pharmacist to spend more time with you. All our stock has been carefully selected for quality and value. We emphasize the promotion of good health and preventative medicine.

Specializing in:

• Proteins • Bulk Vitamin Powders • Food Supplements • Hypo Allergenic Products • Books • Reference material.

Finlandia Pharmacy specializes in products for allergic patients and is most concerned with selling Health Products. Consequently, **we do not sell tobacco products,** and would ask you to refrain from smoking in the store.

Finlandia Pharmacy, **Your Community Health Care Centre, 1724 W. Broadway. 731-6312, 733-5323.** Mastercard and Visa welcome. **VANCOUVER.**

Est. 1980
CANCER HELP CENTRE

Registered Non-profit Society
We Help People Help Themselves

DEDICATED TO:

• help those with **cancer** fight to get well

• provide **cancer** prevention education programs.

• research into how emotional states affect the immune system and **cancer** growth.

• programs designed to aid interested healh professionals working with **cancer** patients.

Cancer develops when the immune system breaks down. The unique program has been designed to rebuild a disabled immune system using diet, vitamin and mineral therapy, exercise, visualization treatment and hypnosis, alpha-state relaxation, affirmations, emotional support, pain control, reason-to-live sessions, myths about cancer and death, and discussions of medical and **alternative** treatments.

During 4 years of service to the community, HOPE has been entirely subsidized by those that operate it without government or cancer society support.

Money spent on Cancer research has skyrocketed but the death rate is increasing and it is predicted Cancer will strike one person in every household.

HELP YOURSELF by learning how to prevent and fight Cancer. Seminars held the weekends of Sept. 21 and Oct. 19. Plus on-going sessions.

Call HOPE **732-3412.** Or write 2657 York Ave., **VANCOUVER,** B.C. V6K 1E6. Mayra White, Claude Dosdall - Counsellors.

All donations to HOPE are Tax-deductible.

METAMORPHIC TECHNIQUE

METAMORPHOSIS. The very word itself conjures up images of change and transformation, and that's what the **Metamorphic Technique** is all about.

A practice popular in Europe, the **Metamorphic Technique** is a very simple approach to **self-healing** and **creative growth.**

By using gentle, unobtrusive, massage-type strokes on one's **feet,** this technique enables blocks from the past to be released, freeing the energy (life force) within, so that one can move into **greater wholeness.**

If growing, changing, and evolving are challenging to you; if **transformation** -- moving from who you are now to **who you can be** -- is something you find exciting, then I invite you to call for an appointment.

Alana Mascali, **261-8324**
VANCOUVER. One-hour session: $20

BODYWORK THERAPY

Everyone enjoys bodywork for different reasons: Some want relaxation and relief of tension and stress. Some want to reconnect with their deepest thoughts and feelings. Some appreciate the sharing involved. Some are simply curious. I enjoy giving a treatment as an offering, a healing and a meditation. It is an art where the "giver" receives as much as the "receiver".

My approach integrates Reflexology, Swedish Massage, Reiki and "pressure point therapies".

Very briefly:

REFLEXOLOGY is the art of massaging areas of the feet that reflex to organs and other parts of the body.

SWEDISH MASSAGE is the art of massaging the various joints and muscle tissues of the whole body.

REIKI is a Japanese Healing Art similar to the "laying on of hands" either directly on, or above the body. Reiki nourishes a very gentle, loving energy.

PRESSURE POINT THERAPY is the art of stimulating, releasing, balancing and revitalizing the body through the flow of energy. It is done through touch, pressure and manipulation.

Call **Mothé, 732-9455** for an appointment.

Full body treatment 1-1½ hr., $20. Shorter treatments also available. 12th & Granville. **VANCOUVER.**

PACIFIC SCHOOL OF REFLEXOLOGY

The Pacific School of Reflexology trains people in reflexology — a compression technique applied to specific points on the hands and feet that correspond to every organ and part of the body. Stimulation of these points helps relax the body and increase vitality.

The introductory level course offers participants basic techniques, and a diploma program offers a deeper understanding and refinement of these techniques.

The PSR instructor is **Amarrah Levan** who has been involved in reflexology & related healing arts for several years. Her background includes professional dance & yoga.

For more information, please call **Amarrah** at the PSR in **VICTORIA** (604) **595-8914,** or write Pacific School of Reflexology, Box 6522, Station "C" **VICTORIA,** B.C. V8P 5M4.

THE PHOENIX CENTRE
For Health Self-Care

PHOENIX CENTRE
YOGA CLASSES

Yoga for Back Problems:

Mondays, Sept. 10 - Oct. 15, 1984. Oct. 29 - Dec. 23, 1984. Time: 7 - 9 pm. Cost: $60 for 6 sessions.

The program includes simple yoga exercises, video, biofeedback and relaxation.

Introduction to Yoga:

Tuesdays, Sept. 11 - Nov. 13, 1984. Time: 7:30 - 9:30 pm. Cost: $50.

This course, based on the teachings of B.K.S. Iyengar introduces the student to Asanas that teach flexibility, strength and endurance, develop body/mind awareness and relaxation techniques.

Level I Yoga:

Tuesdays, Sept. 11 - Nov. 13, 1984. Time: 5:30 - 7:30 pm. Cost: $50.

For further information please phone Anne Gregory at **263-7991.** Phoenix Centre, 645 W. 8th Ave., **VANCOUVER**

TM

RADIX REICHIAN EDUCATION

Based on the pioneering work of **Wilhelm Reich,** Radix Education — developed by a student of Reich's, **Dr. Charles Kelley,** who through Radix Institute is spreading the Reichian revolution worldwide — works with the individual's breathing and "muscular armour", the chronic tensions of the body which limit energy, emotion and sense of self.

Radix involves the individual in a deep re-education of the whole organism, and a focus on surrender into feelings, **as well as** respect for the blocks to feelings and their experienced survival value. Gradually there is a reconnection with what for most people is a lost world of energy and emotion. As a consequence, they attain what is unprecedented in most lives: clarity of mind in regard to one's life and experiences — because one's deepest reactions are no longer dismissed and disowned.

Literature on Reich and Radix available on request. Contact **Jim Ross,** Certified Radix Teacher, at **525-6716. NEW WESTMINSTER.**

REFLEXOLOGY ASSOCIATION

Reflexology is used primarily for relaxing tension. There are reflexes on the feet relative to every part of the body. Compressing these reflexes properly, can help many health problems in a natural way. The body is like a railway system and a breakdown anywhere along the track disrupts the line totally. The feet are one of the system's terminals. As we work on feet to improve circulation, this balances the flow of energy which helps the body to normalize itself.

Our Association being the oldest in Canada, has been in progress since the 1960's. We have monthly meetings, foot treatments and study courses available.

For more information, contact THE REFLEXOLOGY ASSOCIATION OF B.C., 1108-8th Ave., **NEW WESTMINSTER, 526-6025, 594-4858.**

REICHIAN BODY WORK

REICHIAN BODYWORK works directly with the body to harmonize and balance the bioenergy system. The objective is to enhance a person's physical, emotional and spiritual sense of well-being and to reclaim a sense of personal knowing, of self as well as of others.

Central to all bodywork forms is the concept of a vital force — a life energy that may be blocked from natural expression. This blocking, or armoring of ourselves, tightens our musculature and inhibits our full movement in the world. The breath is a route into the unconscious, bridging unconscious and conscious awareness. With proper guidance this allows for a psycho-physical-spiritual integration to take place.

This approach is integrated with other methods utilizing my background in Gestalt, meditation, psychodrama, various bodywork and self-healing methods, imagery, dreamwork, Focusing, NLP and Ericksonian Hypnosis.

I completed an internship in Reichian work, am a graduate of The San Diego Gestalt Training Center, a certified teacher of Focusing, a certified Neuro-Linguistic Programmer, have an MBA from SFU and presently am a doctoral student in Human Systems Science at Saybrook in San Francisco.

For further information or a free copy of *The Bioenergy System, Restoring the Wisdom of the Body,* please call **Ian Macnaughton** at **879-9920. VANCOUVER.**

SELF-CARE NETWORK
Publishers of Wellspring Magazine

Wellspring is a quarterly magazine for aware health consumers. The Victoria-based publication supplies information on self-care choices. Programs and people who advocate patient participation in medical decisions and health maintenance are featured in articles. Network News provides a current account of activities undertaken by the Self-Care Network throughout B.C. and Alberta.

In its second year of publication, **Wellspring** continues to address questions raised by our technical and increasingly impersonal society. **Wellspring** examines the intricate interaction between mind, body, spirit and health.

To subscribe to **Wellspring,** send $10, $8 for seniors and group orders, $12 for out of country orders, to Wellspring Magazine, 435 Simcoe St., **VICTORIA,** B.C. V8V 4T4.

Since 1978 STILL MOUNTAIN SOCIETY has been offering programs at White Spruce Farm, a learning center situated on 250 acres in the Canadian Rockies. It is a non-profit educational organization whose aim is to promote a way of life that is in harmony with nature and that allows us to take direct responsibility for our own health and happiness.

Classes are given in organic gardening, macrobiotic cooking and philosophy, herbs and wild plants, natural healing, and shiatsu massage.

For further information and a free brochure write or call:

STILL MOUNTAIN SOCIETY, R.R. #1, **FERNIE**, B.C. V0B 1M0. **423-6406.**

Directors: **Duncan Sim, Susan Sim, Leona Gadsby**

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Sue Anderson

Theta Work,

Reiki Practitioner, 2nd Degree

The purpose of Theta work is to learn what's in your consciousness that is affecting your life, and to balance it. At the powerful and creative level of Theta conscousness, you can easily sense what will work for you.

I guide and support you in handling those images that come up, in whatever way you decide is best for you. You create a more enlivening sense of inner harmony in your own individual and unique way.

The new harmony that is created in a session then begins to unfold in all levels of consciousness. The Theta sessions can focus on such tings as conflict in relationships, stress, and personal habits.

Individual sessions: $40.

Phone **437-8371. BURNABY.**

REFLEXOLOGY is used to reduce tension and restore the body's natural rhythm by ensuring that the 'energy paths' of the body are unobstructed. The relaxed state which reflexology induces is brought about by applying a compression technique to reflex or pressure points in the feet or hands which produces a response (reflex) in the corresponding organs of the body. Circulation is stimulated, tension is reduced and health, in general, improves.

TOUCH FOR HEALTH uses Applied Kinesiology for muscle & brain re-education. A key to whole-person health, its purpose is to rebalance energy, improve posture, relieve pain, reduce stress, test for allergies, improve & maintain health, relieve learning disabilities. REFLEXOLOGY & TOUCH FOR HEALTH work hand in hand.

Consultations: Tues.-Fri. 8:30-5:30. 10 week Reflexology classes, (Approx. $30). Trout Lake Comm. Cen., Vancouver; Maple Ridge, Port Moody, N. West. Senior Sec. Schls, eves. 2 hrs. 1-day classes: Surrey, Abbtsfd, Clwk., Poco.

Videotape —"THE FIRST STEPS", complete step-by-step reflexology course, w/workbook, $150. (2 hrs.)

Reflexology Certification Seminar, Oct. 27, 28, 29. Exciting learning exp.

Advanced & Instructional Methods Seminar, Nov. 23, 9 - 12

T.F.H. I, Sept. 14-16, Nov. 2-4.

T.F.H. II, Nov. 30-Dec. 2.

Vancouver Holistic Health Centre

FEEL GREAT! Our fully trained practitioners care about helping you develop the personal holistic program which satisfies every aspect of the whole person.

Try our **Free stress test** and **personal evaluation.** *Relax in our float Tank* (approved by BCHD). Learn relaxation techniques and exercises. Discover the strengths and weaknesses of your mental, emotional, and physical condition through the use of biofeedback. Relieve pain with personal pain management and reduction plans. Establish a satisfying and complete diet using our nutrition counselling service. Develop a positive attitude that will improve all aspects of your life.

We also offer **Weekend Workshops in Relaxation** and **Self Awareness**, and a **Holisitc Health Practitioner's Course** with certification upon completion.

For information or appointment, call **738-4428**, or visit us at 2245 West Broadway, 2nd Floor, **VANCOUVER,** B.C.

Vancouver Reflexology Centre

The Centre offers weekend workshops, evening classes, private sessions by appointment, an informal gathering every Sunday 7-10:00 p.m. (except Public Holidays), **MASEUR sandals/innersoles**, books and charts for sale, and a small reference library.

Foot Reflexology is taught and practised as a potent and safe method of relaxing and revitalizing the whole body and is encouraged as a pleasant, healthy way to spend time with friends.

The weekend workshops or evening class series prepare you to competently practise Foot Reflexology with 16 hours instruction in the theories and technique. $75.00 one person, $65.00 per person, for two or more.

Indulge yourself in the luxurious pleasure of private sessions: $12, or 5 sessions $50.

VANCOUVER REFLEXOLOGY CENTRE, Rear, 2813 W. Broadway, near MacDonald, **VANCOUVER** V6K 2G6. **733-2163.**

Workshop/Seminar space available. Reasonable Rates.

YOGA & BACK CARE

Beginners & Intermediate Classes in Hatha Yoga

In this ancient discipline, the student is taught a combination of postures and controlled breathing which promote strength, flexibility and energy — restoring the body to inner, as well as outer vitality.

Come relex to soothing music and join us for an evening that could be an oasis of calm in an otherwise hectic week.

Back Care Exercise Classes

This practical program is tailored to safely and gently stretch, strengthen, and relax all the major muscle groups involved in supporting and controling the spine.

It is designed to help you gradually **relieve, understand** and **prevent back pain.**

BEGINNER & INTERMEDIATE CLASSES IN HATHA YOGA
BACK CARE
EXERCISE CLASSES

12 week sessions begin **Sept. 19th & 20th.** at St. Chad's Anglican Church (23rd and Trafalgar).

For information: Elizabeth (**731-5060**) or Sue (**685-5471**) **VANCOUVER.**

First Class Free with this ad.

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OVULATION METHOD
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WOOMB-B.C. offers instruction to avoid or achieve pregnancy, using the Ovulation Method. This method is highly effective, through all phases of a woman's fertile years, (Breastfeeding, Pre-Menopause, Pill-Withdrawl, etc.)

Billings accredited instructors; NO FEE. **936-4472. VANCOUVER.**

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ROB BEDALL

I use iris diagnosis and intuitive knowledge to determine a person's weakness and needs, both physical and emotional. I recommend herbs, foods, Bach flower remedies and toning sessions as remedies. (Toning is the use of the voice to promote energy flow to heal and to relieve emotional accumulations.)

Call **733-6410. VANCOUVER,** B.C.

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- Touch techniques to stimulate self-recuperation.
- General/remedial massage
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- Have table, will travel.

PORT COQUITLAM, 464-2087.

BULIMIA

12 weeks on going counselling - educational program which will enable the individual to understand the dynamics of bulimia and to learn more effective ways of dealing with life situations.

Begins **September 13.**

For more information call **Sandy Friedman 731-8752,** Doris Maranda **736-7180. VANCOUVER.**

HEALING TABLES

A unique experience to master tendencies that could keep you from living your potential. Appointments are arranged on an individual basis. "Life after death lecture" ($4) followed by a healing appointment ($20).

Tel: G. McGregor **733-1793,** D. Hanson, **420-5936. VANCOUVER.**

CORRECTIVE BODYWORK

In private practice for over ten years, doing deep muscle relaxation. I work especially with breathing to release tension patterns in the body and mind. (I've been told that I have exceptionally gentle and gifted hands.)

Ian Raffel, **738-8466. VANCOUVER**

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JUDY NELSON, C.H.

By appointment only, 7527 Kingsway (at Stride Ave.), **BURNABY,** B.C. Phone **521-5822.** Judy is Vice-president and Dean of DOMINION HERBAL COLLEGE.

Basic herbal seminars, sponsored by the Dominion Herbal College, are now being planned. For times, dates and information call **521-5822.**

Video and Cassette tapes of Summer Seminar 1984 now available.

NEW WAVE YOGA

In New Wave Yoga the breath is used to deeply release the spine. Sandra Sammartino uses the alignment Iyengar method, along with the breath, to bring about deep changes with the minimum of effort. She incorporates chanting, meditation and relates the yoga philosophy to the postures.

Classes are Monday to Friday at the Aberthau Cultural Centre, 4397 W. 2nd Ave. (at Trimble.)

Call **224-1910** for further information. **VANCOUVER.**

MACROBIOTICS AND SHIATSU INFORMATION

Andy and Catherine Cunningham — **872-0898. VANCOUVER.**

YOGA & MEDITATION CLASSES

AS TAUGHT BY YOGI BHAJAN

Sponsored by 3HO FOUNDATION.

Classes Monday - Friday, 7:30 p.m. $2, at Guru Ram Das Ashram, 3204 West 13th Avenue, **VANCOUVER,** B.C., **733-5072.**

INTUITIVE SCIENCES & PSYCHIC ARTS

Astro*Carto*Graphy™

Are you in the right place? Is there a system of geographical "power points" that contributes to people's success or difficulties in various locations?

Astro*Carto*Graphy answers these questions, showing where you can find love, spiritual evolution, community, prosperity, right work or any other human potential, by computer-calculating your horoscope geographically. Your individual map of planetary power zones indicates where you can change the emphasis of your horoscope and bring new, more positive forces into action. Complete with interpretation manual by astrologer Jim Lewis, it's fully guaranteed. *East West* called Astro*Carto*Graphy a "major tool for the holistic understanding of life."

Find yourself, and some new options!

Send $19.80 with date, place and time of birth (time required), or request free information.

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Are you aware of your potential? Do you see yourself as others do? Astrology can be a helpful tool for self-knowledge. Both the strengths and weaknesses inherent in people are obvious. The birth chart is like a blueprint of a person and through the study of astrology one can gain much more control over one's life.

I will be offering classes for both beginners in setting up charts and more advanced students in interpreting the chart. Professional chart consultation and counselling is available on a private basis.

I will also be starting an informal astrology group, meeting on a weekly basis to discuss astrology and share knowledge. For more information about any of the above, please call, **ENA, 734-9823.**

LEO MOON

LEO MOON METAPHYSICAL CONSULTING CENTRE & STORE offers a wide variety of consultation books and gift items for the person interested in metaphysics.

Norma Cowie leads her team of Leo Moon Psychics in Tarot Card Consultations, numerology, palmistry, psychic arts. They also have available past-life drawings, guide drawings, aura drawings, soul impressions, crystal readings plus past-life regressions.

Classes and workshops are held regularly. Leo Moon also has a mail order department for books, items, and consultations. Please write if you require a catalogue.

Leo Moon is also a distributor of Hugs Canada plus carries numerous women's books and a huge selection of Austrian crystals, including crystal balls.

We are on the bus route from Vancouver. Phone (604) **536-1220** for appointments or enquiries, or visit us at #103-1548 Johnston Road, **WHITE ROCK,** B.C. V4B 3Z8.

StarLight COMPUTING SYSTEMS

ASTROLOGY SOFTWARE / CHART SERVICE.

Are you curious about yourself? We offer a fascinating 12 page personality profile (natal) designed by some of the world's top astrologers. Send $10 with date, place and time to address below. Quick service and satisfaction guaranteed.

Starlight is Western Canada's representative for Matrix Software, the leading producer of computer software for astrology. Over one hundred programs are available for home computer systems, including Commodore, Apple, IBM PC, TRS-80, Timex/Sinclair, and Atari. Prices $30 and up. Send for free Quicklist.

Subscriptions available to *ASTRO*TALK,* Matrix's bi-monthly bulletin for astrology computer users. One year for $8.50.

Contact: **Starlight Computing Systems,** 164 Cambridge St., **VICTORIA,** B.C. V8V 4B3, **383-9184.**

Washington Psychic Institute
Church of Divine Man
IN VANCOUVER

The **Washington Psychic Insitute, the Seminary of the Church of Divine Man,** is founded on the principles of free will and personal growth and offers individuals a place to experience and learn about their spiritual psychic abilities. Offered area:

BASIC CLASSES: 8 week classes in Spiritual Healing and Psychic Meditation; also a One-Year Clairvoyant Training Program.

INTRODUCTORY ACTIVITIES: OPEN TO THE PUBLIC: A weekly Healing Clinic, Weekly Psychic Reading Demonstration, workshops, and by appointment, 2-1/2 hour taped aura readings. Church Service every Sunday, 11.

Location: 655 W. 7th Avenue, **VANCOUVER,** B.C. V5Z 1B7.

For brochure or further information call **879-8707.**

PSYCHIC READINGS

Can be done to give you guidance, inner peace and prosperity.

"As a man thinketh, so he is".

Discover your path to self-awareness. Trance counselling available to those who are sincere.

Calais, **531-2589** or write 15378 North Bluff, **WHITE ROCK,** B.C. V4B 3E9.

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The Happy Medium Party Service, Lyllith or Crystifir. Guaranteed.

We can help you find a positive solution to life's challenges.

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REIKI and
CRYSTAL HEALING

Give yourself a journey into the deepest dimensions of yourself with a psychic palm-reading or restore and balance your aura with a Reiki and crystal-healing session.

Call **Anne** at **734-8219** for an appointment. **VANCOUVER.**

FRASER VALLEY PSYCHIC SOCIETY

meets on Thursdays at 7:30 pm at 16874 - 60th Ave., Surrey, starting Sept. 13th. Speakers Include: Patrick Young, Gloria Brough, Sandy Hughes, and more.

For information phone **530-2059** or **596-6469.** Workshops will be offered. **SURREY.**

KARMIC READINGS & NAME ANALYSIS
JULI SUITER, ACROPHONOLOGIST

Find out who you are. Find out why you are.

The best part of you is who you are inside. Call **943-1103** (days), or **943-4882** (evenings). Write #205-1255 56th St. **DELTA,** B.C. V4L 2B9.

TAROT INTERPRETATION

A Tarot Reading tells the story of your inner life at the present time. Particular attention is given to clarifying issues of personal concern. **VANCOUVER** and **WHITE ROCK. 536-0495.** Oriane Lee Johnston.

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Aquarian Age *I'CHING* cards with manual: $10.00. Advanced numerology in Oahspe Star Cards: $50.00. Both give unique chants to raise vibrations for higher awareness. Free instructions at Bevan Ghost Town Hostel, Prof. Cliff Carmichael, Box 3453, **COURTENAY,** B.C. V9N 5M5. (604) **338-1914.**

MARTIAL ARTS

Tai Chi is an exercise that not only strengthens the physical body but also challenges and strengthens the mind.

By concentrating on slow graceful movements, on a specific breathing system and energy center, one becomes more aware of a feeling of peace and tranquility. 'Chi' or life energy gets stronger. A person becomes healthier, more aware and more joyous.

Without strain or injury a person feels more relaxed after a practice of Tai Chi. No special equipment or competitions are necessary for this 'grand-father' of all Martial Arts. Patience, determination, and a teacher are the only prerequisites for learning Tai Chi.

We now have classes on the **NORTH SHORE.**

For Ongoing Classes, **Kitsilano Tai Chi Center,** 1695 W. 7th, **VANCOUVER**. Phone **733-7558.**

The Taoist Tai Chi Society of Canada is non-profit organization, with affiliated clubs across Canada, teaching a Taoist style of Tai Chi brought to Canada in 1970 by Mr. Moy Lin-Shin.

This unique Taoist style combines aspects of Tai Chi, Chi Kung, Pa Kua, Hsing I, and meditation. It is designed to promote relaxation, develop flexibility and strength, and to improve concentration.

Practicing Tai Chi can help the individual to become well-grounded, balanced, and integrated, and can facilitate a return to a natural state of health.

INFORMATION:

Vancouver Taoist Tai Chi Society - **253-1741, VANCOUVER.**

Victoria Taoist Tai Chi Society, **383-4103,** 1121 Vancouver St., **VICTORIA,** B.C.

AIKIDO
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Aikido, the Way of Harmonious Energy, is a non-competitive Japanese martial art, using dynamic principles in partner and group practice. Students learn to effectively neutralize an aggressive situation through body movement, pins, locks, and throws, and most of all, attitude.

For more information, **877-1779, VANCOUVER,** B.C.

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Located in the beautiful mountain town of Nelson, B.C., the Kootenay Tai Chi Centre offers year round instruction in three internal arts of Kung Fu: Tai Chi, Pa Kua, and Hsing I. Learn to exercise the body, mind and spirit for fitness health and compassionate self-defense.

Special seminars to be offered include: Chen Tai Chi (Feb. '85), Children and Teen's Kung Fu Camp (May '85), and Tai Chi Summer Retreat (July '85).

For details on these and other programs please write: Kootenay Tai Chi Centre, 609 Baker St., **NELSON,** B.C. V1L 4J3. Phone **352-3714** or **352-2468.**

CREATIVE INSTITUTE OF MARTIAL ARTS
SHISHIR INOCALLA

Comprehensive basic self defense programs that enhances fitness, self-discipline and provides you with a practical street-wise self-defense system. 15 Kingsway, **VANCOUVER. 879-9964.** *"Body of a tiger, mind of a saint."*

MEN'S ISSUES & STUDIES

A MEN'S GROUP With GARY POGROW

There is an increasing need for men to rediscover as Robert Bly says "Our Deep Maleness". A need to talk, to listen, to share, to look at our myths, rituals, mysteries & find new forms of honoring, loving, and respecting ourselves as men. And the only way we can do this is with and from other men.

This is a one day session to enable men to set up an ongoing group for themselves.

Sept. 30, 1984 - 10 a.m. - 4:30 p.m. Limited enrollment.

To register phone **738-7007. VANCOUVER.**

PSYCHOLOGY, THERAPY & COUNSELLING

BELIEF TREE Seminars
A DIVISION OF THE CORE GROUP

Belief Tree Seminars specialize in the field of internal and external human communication.

Belief Tree Seminars offer precise ways of effecting quick, lasting change and growth.

The seminars are based on the research work done by co-founders **James Tolchard** and **Elly Roselle** in the area of rapid, stable restructuring of human behaviour (Personal counselling available).

THE HUMAN BIOCOMPUTER: OPERATOR'S INTENSIVE

This 32 day course prepares the student to utilize the powerful techniques originally developed by the co-founders. Starting September 20, 1984 to April 1985. **VANCOUVER.**

WEEKEND CORE BELIEF IDENTIFICATION AND CHANGE

Dates: Friday, November 9th thru Sunday November 11th.

WEEKEND "CONNECTION TO THE HIGHER MIND"

A very special and different weekend! Participants will be limited to 10. A Guaranteed, conscious connection to your higher mind is the outcome. November 23rd - 25th **Camp Miriam, Gabriola Island.**

PROCESS CHANGE AND BASIC COMMUNICATION COURSES — Evolved from NLP

September through December 8 week course, 1 night per week.

BUSINESS COMMUNICATION SEMINAR SCHEDULE AVAILABLE. For more information call **669-2689 or 536-5947. VANCOUVER**

THE CAREER COURSE

The purpose of the Career Course is to expand people's ability to come from **who they are** into the work world, in a way that produces **satisfaction** and **aliveness** for them, and **value for others.**

You will learn the following:

- how to identify your skills, abilities & strengths
- develop a positive self-image
- clarify personal & work values
- develop new job search skills & techniques
- develop a concrete personal plan of action for your life and career
- identify & tap the hidden job market
- get paid for what your talents are really worth
- write an effective professional resume.

Work is love made visible (K. Gibran).

Find out what it is that you want to do more than anything else in the world and do it.

Milardo & Associates, **669-9699 VANCOUVER.**

Anne E. Davies, M.A.
Counselling and Therapy

Individuals, relationships, families and groups.

I specialize in sexual issues working with women both individually and in groups to assist them in the resolution of sexual difficulties.

My partner Brian Fisher counsels both adults and adolescents. As co-therapists we provide relationship counselling, family therapy, and groups for couples.

FALL WORKSHOPS

A Place in the Garden: a sexuality workshop for women, September 21, 22, and 23, 1984.

Preorgasmic Women's Group begins October 1, 1984.

Understanding Relationships: a lecture/discussion evening for men and women, October 3, 1984.

Sexual Self-Esteem: a daylong workshop for women, October 20, 1984.

You and Me: a workshop for couples, October 26, 27, and 28, 1984 with Brian Fisher.

Dependency Issues: a lecture/-discussion evening for women, November 7, 1984.

Increasing Sexual Pleasure: a workshop for couples, with Brian Fisher, December 2-7, 1984.

For information or appointment, call Anne Davies (604) **531-8555**, 210-1548 Johnston Road, **WHITE ROCK**, B.C. V4B 3Z8.

The Empyrean Method is an approach to personal growth and healing which uses a combination of techniques in both private and group settings to achieve mental, physical, and emotional purification. These techniques include affirmation, specified reading materials and Empyrean breath integration sessions which utilize the dynamic healing power of the breath.

This approach is based on the teachings of **A Course in Miracles** and on the principle that thought is creative. Through the expression of unconditional love, truth, and unity, the Empyrean Method supports the actualization of each individual's highest potential.

For further information, we invite you to contact the **Empyrean Practitioners Association** at **266-1213. VANCOUVER**.

N.L.P.™

ERICKSONIAN HYPNOTHERAPY TRAINING

Introduction to Neuro-Linguistic Programming — $100.

The popular 5 session introductory programs to N.L.P. fundamentals are available on Wednesday evenings, 7-10, beginning: SEPTEMBER 15, OCTOBER 15, and NOVEMBER 21.

For people preferring a weekend format to the same introductory program, a workshop is scheduled at CAPILANO COLLEGE, OCTOBER 27, 28.

The focus of these introductory programs is the PRACTICAL INTEGRATION of NLP techniques to rapidly improve your ability as an effective communicator in all areas of your life.

Enrollment limited. Early registration recommended with $25.00 non-refundable deposit.

N.L.P. Modules Course - 120 hours - $685.

A follow-up course to the N.L.P. Introductory. Eight different courses each with a specific purpose towards integrating a complete range of N.L.P. skills. Designed for those committed to on-going practice towards a high level of competence, flexibility, and professional application. Participants can complete the MODULES COURSE through a flexible program of Monday evening and/or weekend sessions during Fall and Winter 1984/85.

The first sessions of the MODULES COURSE begin on the following dates: JOY of REFRAMING — Sept. 10; POWERFUL ANCHORING — Oct. 22; SENSORY ACUITY (weekend) — Sept. 15, 16; REFRAMING (weekend); Nov. 10, 11.

Language and Methodology of Milton Erickson.
Professional training group starting in fall. Will include demonstrations and videos.

TO REGISTER· Please contact MARILYN ATKINSON, M.A. and ASSOCIATES, 2021 Columbia Street, **VANCOUVER**, B.C. V5Y 3C9. Please call **872-1185** or **986-0916** for more information.

Marilyn Atkinson, M.A. is a Registered Clinical Psychologist, training consultant and Certified Neuro-Linguistic Programmer.

Available for professional counselling with individuals, groups and families, and staff training for organizations.

FAMILY RESOURCE INSTITUTE

Family Resource Institute
- Individual and Family Counselling
- Educational Programs
- Mediation Services
- Career Counselling
- Organization and Administrative Consultation

FALL SERIES AT THE INSTITUTE
Programs Begin at 7:30 p.m.

September 11, 18, 25, **The Cinderfella Complex: Modern Man's Dilemma.** Jerry Kushner, $35/person.

September 13, 20, 27. **A Survival Guide for your Retirement Years,** only those over 55 years, plus spouses. Jerry Kushner, $35/person; spouses free.

October 10, 17, 24, 31, November 7. **Parents: Career Counsel your Young Adult.** Philomene Jahnke, $60/person, $100/couple.

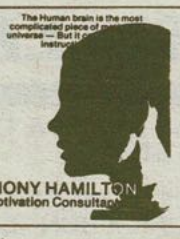
October 13, Nov. 3. **Testing for Career Choice.** Philomene Jahnke. 9:30 am. $35.

November 6, 13, 20. **Uncoupling - Surviving Separation and Divorce.** Peggy English. $35.

November 27. **The Emotional Fitness of the Family**. Esther Frid. $12/person $20/couple.

November 26, Dec. 3, 10. **You Just Don't Understand! Parent-Teen Dialogue.** Peggy English. $35. (Your Teen is free).

Call the FAMILY RESOURCE INSTITUTE. **734-4195.** 1904 West 16th Ave., **VANCOUVER**.



In your business as well as your personal life, setting realistic five-year projections and systematically achieving them is the mark of the successful individual.

Just as you plan a trip to the grocer's, a camping holiday at the seashore or a dinner for four friends, you can plan and attain your chosen lifestyle. You can become the architect of your own future.

You already have all the resources you need to transform your present, to be effective in any situation and achieve any goal you set. You need only be able to access these resources appropriately. **Plan your life . . . then, live your plan.**

For business or personal consultations in all aspects of planning and motivation . . .

Anthony Hamilton, Box 48542 Bentall Centre, **VANCOUVER,** B.C. V7X 1A3 (604) **731-9085.**

Cheryl Hills-Wright

732-7276
2246 C Spruce St.
Vancouver, B.C.
V6H 2P3

Cheryl is a certified Neuro-Linguistic Programmer and has her Master's certificate in Hypnosis. She has made films and video tapes for the National Film Board. Currently, she has a private practice in Vancouver.

She has been a professional communicator for twenty years in Ontario, Nova Scotia and B.C. Her experience has included the helping professions, the business world and the media, where she has freelanced for CBC radio in Halifax and was a guest on several CBC and CTV television programs.

Also in Halifax, Cheryl started the *Woman's Place* and worked for 6 years with women on health care problems. Helping people *know who they are* is her prime focus.

"'Would you tell me please which way I ought to go from here?' asked Alice.

'That depends a good deal on where you want to get to,' said the Cat.

'I don't much care where—' said Alice.

'Then it doesn't matter which way you go," said the Cat.

'So long as I get SOMEWHERE,' Alice added as an explanation.

'Oh you're sure to do that,' said the Cat."
Alice in Wonderland, Lewis Carroll.

HYPNO THERAPY

"And one of the nicest things about hypnosis is that in the trance state you can look at and think and see and feel things that you wouldn't dare in the ordinary waking state." — M.H. Erickson

Trance is a natural yet unconventional state in which an individual has the opportunity to access personal resources that are often hidden, forgotten or tucked away for safe-keeping.

Larry Green and **Mahmud Nestman** utilize the Ericksonian or indirect approach to hypnotherapy. They practice individual hypnotherapy and train and supervise helping professionals. **Next training workshop** (Ericksonian Hypnotherapy - Introductory Level) is **Sept. 28, 29, 30.**

For information regarding workshops or hypnotherapy phone **530-1698** or **731-1420. VANCOUVER**.

INNER ACCESS
Lifestyle Management
Classes, Workshops or Individual Sessions

So many of us spend our time living in the future or in the past or both and consequently we miss out on the joy and fulfillment of the present moment. Letting go of the mind's din of thoughts, judgements, fears and doubts and having the courage to experience ourselves as we really are and life as it really is, is to awaken to the present moment. In that choice lies the opportunity to create our lives as we truly desire it.

Inner Access — is a consultant service specializing in human growth and potential. We offer life style management, stress reduction, yoga, meditation, relaxation and diet plans in the form of consultation, workshop and lectures.

For more information contact **738-8544**, #102-2245 West Broadway, **VANCOUVER**, V6X 2E4.

INNER PEACE MOVEMENT

IPM

A program that is helping hundreds of thousands of searchers throughout the world learn more about themselves.

Learn techniques to unfold and understand ESP. Discover ways to make your spiritual sensitivity practical in your daily lives. Understand your experiences and discover new dimensions of your own inner potential. Meet people who are interested in unfolding a more successful way of living.

Learn how to become a more effective leader.

INNER PEACE MOVEMENT OFFERS YOU:

- Orientation Lecture
- Technique Workshop
- Weekly Groups
- Seminars
- Books, Tapes, Newspapers
- Camps

Man & Universe lectures Thursday evenings— $4.

Greater **VANCOUVER**, Sonja Clark **986-8412**, Dorie Hanson **420-5936**, **QUALICUM BEACH**, Anne Christianson, **752-9039.**

Canadian Headquarters — (613) 238-7844, P.O. Box 1138, Station B, **OTTAWA**, Ontario, K1P 5R2.

You can change your life.

We believe that you are continually creating your experience of reality through your beliefs and thought forms.

Vincent and Lorraine Milardo are holistic counsellors with a private practice in Vancouver. Lorraine is a registered psychologist and certified hypnotherapist. Through individual sessions, classes, workshops and seminars, the Milardos assist people to create experiences which are both positive and life oriented.

They offer an **holistic** approach to **empowering** individuals. This includes: **counselling**, creative visualization, relaxation and stress reduction training, dreamwork, right livelihood, **career planning**, vocational guidance, therapy, loving relationships, **hypnosis**, assistance with weight loss, stop-smoking, self-confidence and affirmations.

Vincent and Lorraine Milardo are committed to helping others help themselves in finding more fulfillment and happiness in their work and lives.

Appointments are available both day and evenings. Call **669-9699, Milardo & Associates**, 1423 Howe St., **VANCOUVER**, V6Z 1R9.

MOIRA MULHOLLAND, Ph.D.
Intra-personal Mediator

I see my work as a guide in the heroic search for the self, or soul; as a mediator in the conflicts between the different parts of the personality, and who helps discover how those conflicts are reflected in our relationships with others.

My experience as an actor and a teacher of Asian and Western theatre and of speech-voice led me eleven years ago to investigate the discoveries of the human potential movement. I have been in private practise for four years.

Perhaps if enough people can hold the balance between good and evil **within themselves**, our world will have a chance.

Moira Mulholland, 1629 Kitchener St., **VANCOUVER**, B.C. V5L 2W1. **253-9789.** Groups and private sessions.

Margaret Nefstead
Registered Psychologist
Psychotherapy

All significant losses result in grief and require mourning for us to move on more fully in life.

Illness, injury, death, separation, divorce, job-loss, career change, children growing up and away, passing of dreams. . .

All cause changes in the way we see and experience ourselves, others, or life.

These changes or losses deeply challenge both our self-image and self-esteem and can lead us to feel lost, isolated and to long for deep connection.

I offer a compassionate therapeutic relationship to those suffering from loss and isolation. I work with both individuals and relationships.

3309 Dunbar Street, **VANCOUVER**, B.C. Phone: **222-0122.**

N.L.P. CANADA WEST
presents

SPECIAL NLP INTRO

A WEEKEND WITH DR. JOHN GRINDER, CO-FOUNDER
Open to the public

Place: Westin Bayshore Inn
Date: Sept. 22, 23, 1984
Time: 9:30 - 5 pm
Registration: 8 - 9:30 a.m.
Cost: $125.00

24-DAY CERTIFICATION PRACTITIONER CERTIFICATION

The Practitioner Certification is a 24-day program which will guide you through the first level of basic NLP techniques. The training is intensive, practical and exciting. Among the introductory patterns of NLP that will be covered are representational systems, accessing cues, linguistic patterns, anchoring, reframing, chaining, physiology of excellence, chunking and strategies.

Place: Holiday Inn, 711 West Broadway, **VANCOUVER**, B.C..

Dates: September 22 & 23 (Intro to NLP); Oct. 19-22; November 16-19; December 7-10; January 18-21; February 15-18; March 15-16.

MASTER PRACTITIONER CERTIFICATION PROGRAM
available.

CHOICES FOR RAPID HUMAN CHANGE.

Workshops offered by Jean Higano.

Some of the specific NLP skills you will learn are: — to define and achieve any outcome. What outcome do you want? i.e. Create a fulfilling career. . . create a meaningful relationship. . . increase your prosperity. . . attain your ideal weight, etc. — Reframing — learn to immediately overcome fears and any immobilizing failure patterns — Prosperity programming — Unleash your own "Personal Power" and experience the FREEDOM OF UNLIMITED CHOICES. Free follow up programs.

FREE NLP INTRO
Sept. 6, 13, 20
Century Plaza, 1015 Burrard St., Vancouver. Limited enrolment for all classes. Please call **266-8088** or **266-1677** for registration and information.

NLP Canada West, **2170 W. 33rd Ave., VANCOUVER**, B.C. V6M 1B9.

OPTION
TIM HEAD

Option is a non-confrontative method of uncovering the beliefs that block our happiness.

It is non-confrontative because it is in essence an attitude of acceptance. You can explore your ideas and feelings in any area you have particular interest in whether it be an art, a job, a relationship, a goal or a desire to be happier and more able to get what you want. There are no limits but the ones you set for yourself and you can choose to explore these also.

Just as it takes fewer muscles to smile than it does to frown, you may find that **Option** makes it easier to be happy than to be unhappy.

Workshops or one-to-one exploration sessions offered. Service exchanges considered. **Tim Head, 732-5804. VANCOUVER.**

SELF DISCOVERY THROUGH DRAMA

Remember when you were a kid — life wasn't always happy, but your imagination was alive and each day was a new beginning. What happens to that creativity and energy for living? I believe it gets trapped as we fix our ideas and patterns of behaviour. We get stuck in a rut and forget we could be so much more.

Self-discovery through drama is a way of reconnecting with your spontaneous, creative self. Through games, voice, movement, improvisation, personal myth and metaphor you can explore your untold stories, take a fresh look at your world, develop understanding of yourself and others, and make new choices.

Group workshops and one-to-one sessions. Video feedback. **Trish Grainge** and **Leslie Pinder. 732-8151.**

SELF-IMAGE DEVELOPMENT THROUGH VIDEO

Maureen McDowell uses Video and counselling to reconnect you with valuable parts of your unique personality, integrating them into a new, more creative and alive YOU.

Self-image affects what you think you can be and do in life. Many people have a self-image formed in teen years — which now limits their creative expression in feelings, behaviour, appearance, skills and talents.

On Video, explore your self-image and personal concerns. Seeing yourself on Video playback is a powerful experience — increasing your self-awareness and ability to make changes.

Format:

- Individual Video/counselling sessions
- Workshops with Video, costume, movement, music: All You Can Be: Women and Self-Image

Maureen is a social worker with 14 years experience. Her clients include people with personal, relationship, career, health and self-presentation concerns.

MAUREEN McDOWELL, M.S.W., 1295 Johnston St., **VANCOUVER**, B.C. V6H 3R9. Phone: **688-7148.**

THE SILVA METHOD

Control of your own mind: **Silva Mind Control ®** is a simple, effective method of mental training which you can use to develop conscious control of your subconscious mind. The content of the classes will enable you to use more of your mind to improve the quality of every aspect of your life — your health, habits, relationships, professional life — and become a happier, more effective, more successful human being.

We've been offering Mind Control in the U.S., Canada, and over 81 foreign countries and have more than 4,000,000 graduates, including a lot of "sounds too good to be true" types.

If you are interested, and want to know more, come to a free introductory lecture.

For more information please call or write: SILVA MIND CONTROL, Box 70, 1450 Johnston Road, **WHITE ROCK**, B.C. V4B 4E9. **536-1047.**

Next course starting Sept. 22, 1984.

ACCESS COUNSELLING
ELIZABETH CHASE

Giving you a professional service and a therapeutic environment where you can access the blocks that are holding you back.

Whether the stresses are in your personal life or in your work life, you can find ways to enhance your day to day experiences.

I will encourage and guide you as you examine your value and belief systems and learn to see how these influence you. I work with individuals, couples, famlies.

My background in early childhood education, and in social work gives me many therapeutic models to bring to ACCESS COUNSELLING.

No charge for initial consultation. Evening appointments available.

Office **733-2312**, Home, **434-3433. VANCOUVER.**

MARILYN ATKINSON, M.A.
REGISTERED PSYCHOLOGIST
ERICKSONIAN HYPNOTHERAPY and NLP

Personal and educational consultation, counselling and training for individuals, couples and families. Contact The Vancouver Health Enhancement Center, 2021 Columbia St., **VANCOUVER,** B.C. V5Y 3C9. Phone **872-1185,** or **876-0916.** (message).

REBIRTHING
for the love of Life

Rebirthing is one of the greatest adventures you can make in the discovery of your Self.

Rebirthing helps release stress, frees past traumas and blocks keeping you from experiencing physical, emotional, mental and spiritual health and well-being.

Is it for you?

Rebirth and consultation $40.00.

Carole Clement, **224-4717. VANCOUVER.**

PRIMAL THERAPY

Through THE NEW VANCOUVER CENTER FOR FEELING THERAPY. We offer intensives, individual sessions and group therapy, when appropriate, to support each individual's own process. Established in 1976. Contact by phone only, please. **876-0916** (message). **VANCOUVER.**

SHARON BURROWS, RSW.M.A.
COUNSELLING AND CONSULTING.

Individual, couple, family, single parent, adolescent. Communication, assertiveness, anger, sexuality, stress management, and sexual abuse.

Groups for adult survivors of child sexual abuse, and private counselling for families of abuse victims, spouses of survivors.

Talks, workshops for groups, professional training. **324-4216 VANCOUVER.**

HANDWRITING ANALYSIS AND NUMEROLOGY
URSELA STEPHANE, M.A.

Treat yourself to an adventure in Grapho-Numerology and explore your personality, challenges and life potential via the insights of handwriting analysis and numerology.

For consultations, lectures, classes and workshops contact Ursela Stephane at **255-6915.VANCOUVER**

COUNSELLING & THERAPY FOR WOMEN
MICHAELA JOHNSON, B.Ed., M.A. PSYCHOLOGY

I use an eclectic approach in my work integrating gestalt, hypnosis, encounter and dream work with feminist theory. My specializations include issues on sexuality, relationship counselling and working with addictive thought patterns and behaviors.

In addition to individual sessions, I facilitate weekly on-going therapy groups and hold workshops on incest, self-image and assertion, sexual orientation, and self-help technique.

Fees tax deductible. Phone **876-6166, VANCOUVER.**

COUNSELLING
ROSWITHA RIFFEL, B.Ed., M.A.

My practice focuses on helping people make positive changes in their lives.

We can examine your anger, depression, anxiety, stress or loneliness. You will become more aware of your choices. Practicing communication skills and assertiveness techniques you can reclaim your power. I can also assist you with plans for time management, fitness and nutrition.

Reasonable rates. Sliding fee scale. **986-9866. NORTH VANCOUVER.**

HYPNOTIC REGRESSION THERAPY & COUNSELLING
EROCA SHALER
REGISTERED PSYCHOLOGIST

Using hypnotic regression therapy, you can recall past experiences which have shaped present life problems and re-program your inner mind to let these old experiences go.

Instruction in self-hypnosis provided at the same time. Special interest in addiction problems.

Fees tax deductible, sliding scale. Phone **733-7748. VANCOUVER,** B.C.

HAL BOOKER, B.A.
HYPNOTHERAPIST

Helping people to help themselves in personal and professional growth. Get the power of your own inner mind working for you. De-hypnotize yourself from limiting beliefs and attitudes. Unlock your mind and be free. Wake up to your own personal power.

RICHMOND MOTIVATION CENTRE, #212-8055 Anderson Rd. **273-7048.**

LILLIAN ELLIS
COUNSELLING

Counselling in personal enrichment and rewarding relationships.

Dealing positively, with stress, frustration, depression and "dis-ease".

Guidance in balancing freedom and responsibility.

Letting go what you've done with and being what you're ready for.

Phone **261-4610,** for appointments, **VANCOUVER.**

ERICKSONIAN HYPNOSIS & NEUROLINGUISTIC PROGRAMMING
VAL COYLE, CLINICAL PSYCHOLOGIST

Fees tax deductible. Extended health benefits including M.S.A. & C.U.N.C. applicable.

522-1563. VANCOUVER.

FACING YOUR FAT
SANDY FRIEDMAN, M.A.
DORIS MARANDA, M.A.

A self-awareness approach to fat and bulimia which focuses on breaking down the addictive and obsessional pattern of compulsive eating and of dealing with the root causes. Sandy **731-8752,** Doris **736-7180. VANCOUVER,** B.C.

GOALS INTO ACTION
SONJA CLARK

Workshop on creating self-discipline, assertiveness, and freedom from worry. Learn use of affirmations, techniques and sharing to obtain goals for accomplishment of your life purpose. **September 29, October 20, November 24, 9 am - 9 pm, $40. Contact 986-8412.**

COUNSELLING & THERAPY
BARBARA BJORNDAHL, R.S.W.

For people who wish to lead fuller, more productive, creative and positive lives. Special focus: Problems with feelings of anxiety, stress, anger, depression, self-esteem. Also sexual problems. Relationship counselling.

Sliding scale. **879-4382. VANCOUVER,** B.C.

HEARING LOSS COUNSELLING
INDIVIDUAL, COUPLE, GROUP

Issues examined include: types and degrees of hearing loss; hearing aids and related embarassment; lipreading; buzzing noises; improved communication rather than faking; frustration experienced by hearing people; loneliness.

Jennifer Shifrin, 3613 Sykes Rd., **NORTH VANCOUVER,** B.C. V7K 2A6 **985-3544.**

PAST LIVES: FACT OR FANTASY?
THREE WEEKEND COURSES

A critical exploration of reincarnation and past lives in terms of religious history, philosophy, psychology and modern science. All courses include lectures, discussions and past life regressions. Reading lists provided.

Sept. 29 & 30. Space-time, consciousness and reincarnation.

Oct. 27 & 28. Reincarnation in world thought.

Nov. 24 & 25. Past lives therapy.

Course leader: Eroca Shaler, **registered psychologist and hypnotherapist.**

Cost: $75 per course; cash, cheque, Mastercard.

Times: 10 am - 5 pm. Sat. & Sun.

Place: 2813 W. Broadway (rear) **VANCOUVER.**

Information and reservations: **733-7748.** Pre-registration required.

HOLISTIC BODYWORK THERAPY

In a short period of time experience a fundamental and profound shift in the issues you want to handle.

I like working with "difficult cases": pain problems, (back, neck, whiplash, tennis elbow), stress, emotional blocks, relationship and sexuality issues. See my ad under 'Healing'.

Philip Clement, Vancouver Health Enhancement Centre, 2021 Columbia, **VANCOUVER, 733-6350, 876-5955.**

AMANDA VAUGHAN

PROFESSIONAL REBIRTHER AND CONSULTANT

Rebirthing is a conscious breathing technique, which is simple and safe, yet powerful in its healing and purifying process. It allows our suppressed negative belief-systems to surface so we can consciously choose to release them, renew our commitment to our aliveness and personal power, and experience more joy and abundance in our lives.

Individual sessions — $40. Phone **736-4665. VANCOUVER.**

SEPARATION & DIVORCE ADJUSTMENT GROUPS

Help yourself over the emotional hurdles that characterize the end of a close relationship and learn practical skills to make the transition to single life easier. 8 sessions $150. For information call Sharon Barber, M.Ed. (Counselling Psychology) **521-2714** or **874-4614. VANCOUVER.**

PAST LIFE REGRESSION THERAPY

One way to inform your conscious awareness about the patterns of your past history. These basic facts provide an opportunity for greater understanding and management of your present life.

Tarot readings are also available. Call Anna: **733-4264. VANCOUVER.**

DR. RONALD LAYE

REGISTERED PSYCHOLOGIST
CERTIFIED BIOFEEDBACK THERAPIST (B.C.I.A.)

Specializing in biofeedback and holistic psychotherapy in the treatment of stress-related disorders, including tension and migraine headache, essential hypertension, Raynaud's, etc., and also for personal growth. **VANCOUVER.** Phone **736-4378.**

PAST LIFE WORKSHOPS

COLIN MALLARD & ASHLEIGH YORCK

October 13-14, November 17-18, 10 am - 4 pm. $95. What have you learned in the past and what is its effect now? For additional courses see ARGAS ad in educational section. Phone **926-4213** or **688-2763. VANCOUVER.**

CORINNA BRANDL-CUTHBERTSON (M.Sc.)

REGISTERED PSYCHOLOGIST

Therapy and counselling for anyone seeking professional and loving assistance through the ups and downs of life. Special emphasis: self-esteem; assertiveness; shyness; anxiety; depression; women's stress; relationships; goalsetting.

My therapy is creative combining behavioral, visualization, gestalt, transformational and Jungian approaches.

Phone **732-0078. VANCOUVER.**

REICHIAN THERAPY

MICHAEL MISKIN, M.A.

Reichian Therapy concentrates on sexuality and contactful expression of emotion as a means of personality integration and is traditional in approach to transference, resolution of childhood conflicts, etc.

Sessions are divided between verbal communication and work on physical blocks.

For free 24 hour taped message: **222-1469. VANCOUVER.**

TANK COUNSELLING DREAM EXPLORATION

Bodhi specializes in the use of the float experience and or night dreams to dissolve old negative thought patterns permitting one's unique creativity to manifest.

M.H. 'Bodhi' Drope. The Bodhi Tree, 1896 West 1st Ave., **VANCOUVER. 738-6211.**

THERAPY, TANKING, COUNSELLING

JUNE KEDDIS, M.ED., M.A.

June was an adult educator prior to shifting focus to humanistic psychology, counselling and holistic health. We work privately on life issues and health issues.

Phone **261-5974** (24 hrs./day). **VANCOUVER,** B.C.

SELF HYPNOSIS UPDATE

A refresher course for people practicing self-hypnosis. Trance deepening, opening new avenues of exploration.

Time: Sun. **Nov. 18,** 10 am - 5 pm.

Place: 2813 W. Broadway (rear) **VANCOUVER.**

Cost: **$30: cash, cheque, Mastercard.**

Course leader: Eroca Shaler, registered psychologist and hypnotherapist.

Information and registration: **733-7748.**

CHRISTOPHER CUTHBERTSON (B.ED.)

COUNSELLING AND CONSULTING

1. Families, teenagers, children, family conflicts, learning problems, behavioral difficulties, motivation.

2. Men's issues, especially stress-management and burnout, relationships, midlife-crises.

My background is in education and humanistic counselling. My approach is holistic and process-oriented.

732-0078. VANCOUVER, B.C.

TRANSPERSONAL PSYCHOLOGY NETWORKING GROUP

Concerned with human experience beyond the personal, beyond the ego; stresses on well-being; holistic.

Purpose of group: individual support group — professional interchange in this and related fields — films and speakers.

Formation meeting — False Creek Community Centre, **September 17, 7:30 pm.**

Information — Carol **736-7180. VANCOUVER.**

PERSONAL RELATIONS COUNSELLING

FIONA CROFTON, M.A.

Feelings of fear and guilt can inhibit personal growth and development. To free oneself from these feelings and gain greater self-respect and congruence in thought, feeling and action, requires self-exploration. Appointments at my office or in your home. For information call **985-8381, NORTH VANCOUVER.**

WANT THE PERFECT MATCH??

There are 5 billion people on the planet. There is no shortage of Love and Good Sex. The Earth doesn't have a defect — "not enough love." Yet it seems as if we're either lonely, heartbroken or dissatisfied.

HOW TO ATTRACT YOUR PERFECT MATCH WORKSHOP

Fri. Nov. 2, Sat. Nov. 3. $45 at The Vancouver Health Enhancement Centre, 2021 Columbia. Register in advance. **876-5955** or **733-6350.**

Who should attend? People who are committed to movement in their life. People who want to be who they are and allow who they are to be.

Presented by Philip Clement, Holistic Health Practitioner, Matchmaking Counsellor. **VANCOUVER.**

SPIRITUAL PRACTICES

BRAHMA KUMARIS RAJA YOGA CENTRE

Explore the inner workings of the soul in a **one-week course on the power of transformation.** Raja Yoga is the clearest and most ancient method of attaining mastery over your own life. Unwanted habits are banished forever; stress is replaced by peace; worry is transformed into well-being.

Master the dynamics of karma, and learn the natural way of breaking mental bondages. Experience the power of this unique and effortless form of meditation, the silence of the soul in it's original perfection.

The Brahma Kumaris World Spiritual University was founded in 1937. There are now over 1300 centres worldwide, with headquarters in Mt. Abu, India. People on all paths have found this study of great value in bringing the benefits of spirituality into their daily lives. All courses and programs are offered completely free of charge.

Individual introductory courses by appointment. BRAHMA KUMARIS RAJA YOGA CENTRE, 535 East 50th Ave., **VANCOUVER,** B.C. **321-0964.**

In SEATTLE call (206) **523-8150.**

The Buddhist Co-op — Turning the Wheel of the Dharma

The "Co-op" is a constellation of various Vancouver-based Buddhist groups which meet monthly to gather support and encouragement for individual as well as cooperative projects. We welcome participation by any person or group.

May All Beings Be Happy!

Gaden Rime Zong Ling - Spiritual advisor, Zasep Tulku Rinpoche. Meditation and study, Mon. 8 pm. Phone **321-1433, 874-5323.**

Zen Centre of Vancouver: Meditation and instruction, Saturday 9:30-11 am, 525 E. 49th, Wed. 7:30-9pm, Vancouver Buddhist Church, 220 Jackson. Phone **733-0956, 433-4052.**

Ariya Thera Society: Eka-Yana Buddhism. Meets Tuesday, 7:30 at #307-1330 Bute St. Phone Jotidhamma, Brian Harris: **682-6938.**

Vipassana Meditation Group: Meets Wednesday, 7:30, 1110 Hamilton at Helmcken, bring blanket or cushion. Phone Brian: **682-6938.**

Kagyu Kunkhyab Chuling: Vajrayana Buddhist Centre, Kalu Rinpoche, Founder. Weekly teachings, meditation and Tibetan language classes. Monthly seminars. Phone: **434-4920; 438-9390.**

VANCOUVER.

"Unreality is the true source of powerlessness
What we do not understand, we cannot control".
— Charles Reich

Deadline for Winter Issue: November 7

Blessings of Light! The Church of Revelation, Astral Physics School, founded in 1975 by Rev. Harrison Roy Hesketh, spiritual mystic, is a non-profit research and educational organization, fostering the blooming forth of God-conscious individuals, healed, whole and holy.

We offer a '9-month Experience' which is deeply transforming, bringing the light of consciousness to any area of locked or misused energies. A step-by-step awakening of the Master in you. Applying principles of color, light, sound and motion, we become channels for God's Love and Grace to move freely, through us, in the world.

'The 9-month Experience' starts Sept. 4, 6, 10 (meets once a week). Tues. and Thurs., 7-10 pm; Mon. 9-12 am.) Full Moon Healing Ceremony every month. Church services resume Oct. 7, 1-2 pm. Other classes & services are available. Call Rev. Suzanne Hebert **879-3696.**

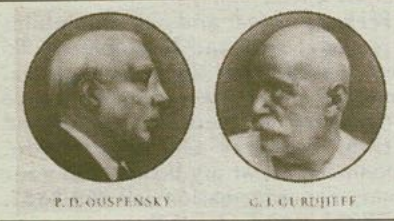
Rare is the person bold and adventuresome enough to explore their own inner domain. — Sri Harold Klemp, the Spiritual Leader of ECKANKAR.

The teachings of ECKANKAR outline the techniques of the ancient science of Soul Travel. This method has been used by spiritual masters through the ages to visit the worlds beyond the physical. ECKANKAR is an individual path that allows the sincere seeker the opportunity of experiencing the light and sound of God.

Books outlining the principles of ECK (spirit) are available at bookstores and from the Vancouver ECKANKAR Centre. For more information call **732-5514.**

For an Introductory Package on the teachings of ECKANKAR, send $1 for postage to: The Vancouver ECKANKAR Centre, 1965 West 4th Ave. V6J 1M8, or visit the centre, open weeknights 6:30 to 9 and Saturdays 11 to 5.

Free Introductory Talks Tuesdays at 7 p.m. **VANCOUVER.**



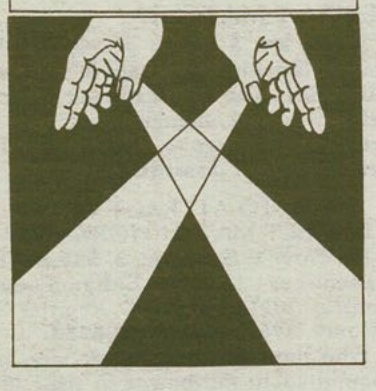
"Man does not know himself. He does not know his own limitations and his own possibilities. He does not even know to how great an extent he does not know himself."

P.D. Ouspensky

Gurdjieff Ouspensky Centres, now accepting students (604) 926-9504,

VANCOUVER.
TORONTO - (416) 783-5432,
SAN FRANCISCO - (415) 752-8293,
LOS ANGELES - (213) 278-5757,
NEW YORK - (212) 737-5080,
LONDON (U.K.) - Chorleywood 4792.

MAHIKARI



MAHIKARI, a Japanese word meaning "True Light" is a non profit organization devoted to helping people lead lives that are free of sickness, disease and other problems by using a form of energy that purifies spirit, mind, and body. Purification is given in individualized session that last 40-50 minutes each.

A **Mahikari** member gives this special energy to certain key points of the receiver, as well as to that individual's particular problem areas. Regardless of how the **Mahikari** teachings are understood or believed, **anyone can begin radiating this energy from the hands by attending a three-day initiation and can help others.**

Like yoga, **Mahikari** may be practiced without creating conflict with one's existing spiritual or religious beliefs. Dr. A. K. Tebecis, while working as a Visiting Professor in the Department of Psychosomatic Medicine, Kyushu University Medical School, Fukuoka City, Japan: " . . . it became very clear that these lay people were having considerable more success in the treatment of all sorts of problems than the professional people I was working with at that time or any time previously."

Dr. Tebecis was then working at the University with a department staff that included specialists in hypnosis, autogenic training, psychoanalysis, bio-feedback, yoga, drugs, sand therapy, and other psychotheraputic methods of both Western and Oriental origin.

Mahikari is realtively new to the United States. There are many **Mahikari** centres around the country in New York, Los Angeles, San Fransisco, Seattle, Chicago, Washington D.C., Cincinnati, and Hawaii.

For more details, please feel free to call a Mahikari Centre in your area. Seattle, Jun-Dojo. 1810 E. Spruce St., **SEATTLE,** WA. 98122 (206) **325-3557**

RELIGIOUS SCIENCE CENTRE

What are you looking for in your life? Joy, tranquility, vitality, health, world peace, abundance, vibrant relationships? It all comes from within. We'd like to welcome you to a community where questioning people gather to pursue freely their search for spiritul truth.

SUNDAY SERVICE 9:15 am and 11 am at 4501 main Street at 29th. We teach **Science of Mind:** "What You Can Conceive You Can Achieve."

For a schedule of classes, including *A Course in Miracles,* please call the office.

For further information, please call Gilbert Lowry, Director, or Connie Lowry, Associate Director, at **684-9617.** Mailing Address: 205-1730 Pendrell St., **VANCOUVER,** B.C. V6G 3A3.

The Sufi Order

The **Sufi Order in the West** was founded by Hazrat Inayat Khan in 1910. Stressing the ideal of living a deeply spiritual life in the midst of the world, it emphasizes the integrated development of inner life and outer accomplishment.

The Sufi Order is an inter-religious body honouring all traditions and teachers. It's broadest aim is the unity of mankind in brotherhood and wisdom, achieved through the practice of tolerance, compassion, and respect for freedom.

Classes:

Gathas (meditation): Thursdays, 8:00 p.m. (free of charge).

Sufi Choir (music from world's spiritual traditions, no experience necessary): Sundays, 10:30 a.m.

Spiritual Dance: Sept. 21, Oct. 19, Nov. 16, 8 p.m., 1607 E. Hastings.

Information: Amir **874-5323,** Margaret **688-5880.**

"Thy music causeth my soul to dance".

SUNRAY MEDITATION SOCIETY is founded on sacred principles from ancient Native American traditions as taught by Dhyani Ywahoo, priestcraft holder of the Ani Gadoah Clan of the Tsalagi (Cherokee) Nation.

The purpose of this society is threefold: to hold the thought of harmony for all creation; to help individuals cultivate wakefulness and deep respect for the sacredness of their own being; and to carry this energy of peace and respect for all life out into the world.

THE PEACEKEEPER MISSION, offered throughout the continent is an ongoing study of Native American caretaker wisdom and healing arts. NORTHWEST TERM begins Fall '84.

Workshops and regular open meditations in **VANCOUVER, BELLINGHAM, SEATTLE** and wherever interest arises.

For information call Paulette (604) **253-0145,** Mary, (206) **966-4565.**

Vancouver White Lodge

Each of us has the ability to become more aware on a physical mental and spiritual level — and reap the benefits in everyday affairs. This is the philosophy behind the **Vancouver White Lodge,** established in 1980 affiliated with the College of Psycho-Therapeutics (Kent, England).

Our goals are the development of man's spiritual being as well as a greater understanding of health through natural therapies. Philosophic monthly discussion groups are held locally. Quarterly newsletter, meditation tapes, also speakers available.

For more information about our activities, please call **943-6689. TSAWWASSEN,** B.C.

VIPASSANA MEDITATION

as taught by
S.N. GOENKA

VIPASSANA *means to see things as they are.* In a ten day meditation course one learns to develop their concentration far above the everyday level. One then uses this heightened concentration as a means to examine one's own mental and physical nature. By this practice one gains the necessary insight and detachment to free oneself from mental defilements such as greed, anger and fear, and thereby learns an art of living which enables the development of the positive qualities of love, compassion, joy and equanimity to all.

A ten day course will provide a mental training of profound practical value in everyday life. **The next 10-day courses will be held at FORT FLAGER, WASHINGTON**, on **Oct. 22 - Nov. 2. and Dec. 27 - Jan. 7.**

Introductory Talks will be given on **Sept. 12 & Oct. 10.**

For further information phone or write:

Vipassana Foundation, 2891 W. 36th, **VANCOUVER**, V6N 2P9, **263-5355.**

79 **High St., VICTORIA,** V8Z 1B9. **479-6641.**

DHARMADHATU
BASIC BUDDHIST MEDITATION

Instruction in basic Buddhist meditation technique is given free of charge by qualified instructors every Thursday evening at 7 p.m. at Dharmadhatu, 3285 Heather St.

Also public talks on the Buddhist Path, Mondays at 8 p.m. For information, call Dharmadhatu at **874-8420. VANCOUVER.**

SPIRITUAL COMMUNITY
Starting WESTSIDE VANCOUVER

Achieve your highest potential. Move into the Aquarian Age through graceful living, meditation, prayer, yoga. Providing communal living, vegetarian cooking, counselling, meditation, yoga. No drugs, alcohol, tobacco. 4 a.m. daily meditation and yoga.

Contact (604) **584-0796. SURREY.**

CHURCH OF DIVINE MAN
WASHINGTON PSYCHIC INSTITUTE

The Church of Divine Man is founded on the principles of free will and personal growth and offers individuals a place to experience their spiritual growth.

Church Service: Sundays 11 am.

Spiritual Healing Clinics: Sundays 12:30 - 2:30; Tuesdays 6:00 - 7:30.

Location: 655 W. 7th Ave., **VANCOUVER**, B.C. V5Z 1B7.

For brochure or further information phone **879-8707.**

TIME OUT & TRAVEL

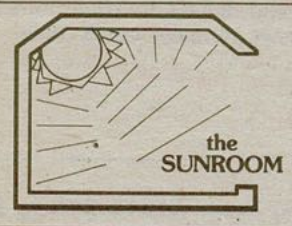
TRAVEL CUTS
Going YourWay!

TRAVEL C.U.T.S. is able to provide all the services and conveniences of an IATA licensed travel agency. In addition, and owing to our status as a wholly student-owned agency, we are able to offer unique budget travel opportunities world-wide to both students and the public.

Domestic and International Airline Ticketing • London and Frankfurt Charters • Railpasses • International Student Cards • Holiday Packages • Student Work Abroad Program • World Wide Student Flights • Adventure Travel.

TRAVEL CUTS GRANVILLE ISLAND, 1516 Duranleau Street, **VANCOUVER,** B.C. V6H 3S4. **687-6033.**

TRAVEL CUTS U.B.C., Student Union Building, University of B.C., **VANCOUVER,** B.C. V6T 1W5. **224-2344.**

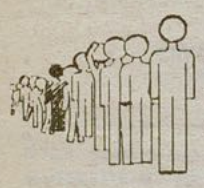


The SUNROOM represents an exciting, new concept in personal relaxation and suntanning!

Do you miss the sun when it's not here? We have created this unique space with a carefully balanced blend of sunlike warmth, light and tanning energy — complete with meditational music — so you can still have that experience of sunshine even on cloudy, rainy days. Think of us on those days when you would rather be in Hawaii!

Treat yourself to a deeply relaxing and beautiful experience. Regular sessions will give you a healthy, vibrant, glowing skin-tone and sense of well-being, all year round!

Let the SUNROOM be your personal relaxation and renewal space in Vancouver. For an appointment, call **736-4665,** Now. **VANCOUVER.**



TOTAL HUMAN DEVELOPMENT

Health in its most complete sense:

We offer 25-day clinic-workshops in the **Costa-Rican** near-tropics with a view to rebalancing, revitalizing, and teaching people to control and organize their body/mind and environmental energies.

Our clientele have tried different approaches but have found them to be of little or no help in the pursuit of happiness, health and wholeness. Our tools are a unique combination of homeopathy, osteopathy, auricular therapy, acupuncture, nutrition, sensory awareness, postural corrections, massage, relativity and creativity.

Costa-Rica — you — health; are you ready? TOTAL HUMAN DEVELOPMENT, Inc. is a non-profit organization dedicated to the betterment of humankind.

Write M. Ben Deva, 790 Commercial Ave., **COOS BAY,** Oregon, 97420, for our brochure.

LAKE COWICHAN CAMP AND RETREAT CENTRE

Lake Cowichan Camp and Retreat Center — Vancouver Island

Winterized facility available for groups of 25-120, September to July. Automatic heating throughout.

Rentals by weekend, week or month. Exclusive use, reasonable rates. Secluded, private, clean and well maintained. Hot water, showers, well-equipped kitchen, optional food service, attractive dining hall, fireplace and piano. Bunk style accommodation.

Meeting rooms, indoor recreation areas, wood fired sauna, 26' canoes and more. Beautifully situated on parklike acreage sloping gently to sandy beachfront.

An **ideal site for retreats**, camp sessions, leadership training, or group getaways.

1¼ hours by car from Victoria or Nanaimo. Friendly management.

For brochure or further information write Avila Management Ltd., 1655 Ash Road, **VICTORIA,** B.C. V8N 2T2 or call **(604) 477-3223.**

Alternative-Designs presents:
YURTS!
Cozy. Affordable. Unique.

Spacious 24 ft. yurt offers the comforts of a cabin - but in the round! It's design is inspired by the Mongol's portable tent of the same name.

Each yurt is custom built of cedar and pine and has a tone of its own. To live in a round, rustic yurt is a relaxing, creative - sometimes mystical experience.

At night, a yurt resembles a little spaceship, as light pours from the ring of 12 windows: these offer an all around view of the world. Enjoy watching the local wildlife from the large bay window. Additional light comes from the domed skylight above.

Some features of Alternative Designs' standard 24 ft. yurt:

- Solid wood construction
- Wall to wall carpet
- Sloped ceiling 10' to 6'
- Bay window
- Skylight
- Quality workmanship
- Fully insulated & sealed for all season living
- Cedar ceiling, cupboards & closet
- Customized options available.

Build now for the skiing season!

Alternative Designs' standard 24' yurt: A steal at $9,950.00

For more information on this and other cabins, call or write:
Alternative Designs, P.O. Box 831, Station A, **VANCOUVER,** B.C. V6C 2N6 Sales Representatives: Daniel Caton, Carl Johnson (604) **688-1049.**

HOLLYHOCK FARM CONFERENCE CENTRE on Cortes Island provides a peaceful, healthy, inspiring environment for **group conferences, meetings, gatherings or reunions.**

Facilities include: comfortable bedrooms in hand-crafted wooden buildings, meeting rooms, lodge and fireplace, meditation and yoga room, beach, canoe and kayak, hot tub, and walking paths through cedar and fir forest. Healthy vegetarian and seafood meals are served.

In concert with the wild natural setting we offer an environment which nurtures creative group work; **we can accommodate groups up to 35.**

We also offer **The Holiday That Heals:** Summer workshops and retreats at Hollyhock Farm.

For more information on **conference bookings** or **summer workshops** write or phone Shivon Robinsong or Rex Weyler, HOLLYHOCK FARM, Box 127, Mansons Landing, B.C. V0P 1K0, (604) **935-6465. CORTES ISLAND.**

PEDAL FOR PEACE
VANCOUVER — OTTAWA

This group has left Vancouver and are cycling to Ottawa to promote the Peace Petition Caravan Campaign. Thye need your financial support. Please send donations to Pedal for Peace, Box 231, **GALIANO ISLAND,** B.C. (112) **539-2930.**

MIDWEEK MINI-RETREATS

Retreat to woodlands and a hot tub on ocean ledges 50 minutes away on the Gulf Islands. Bed and Breakfast available.

Also day long, weekend and very special 6 day Summer Vacation Packages for sun, healing and learning to de-stress yourself.

Keddia Retreats **261-5974. (24 hr/day). VANCOUVER.**

HAWAII IN FEBRUARY
OHANA, INC.

Plan now for the best vacation of your life! Come to Maui and enjoy a restful, revitalizing program of healing and joyful celebration. Choose a one or two-week visit: Feb. 2-8; Feb. 9-16.

For information and brochure, call collect or write: Ohana, Inc., P.O. Box 103859, **ANCHORAGE,** AK 99510, **(907) 274-8341.**

GREEN TORTOISE
ALTERNATE TRAVEL

Seattle - San Francisco $49.* Seattle - L.A. $69.* 2 -3 week trips to Baja & mainland Mexico beginning late November $300. *up. Interesting people, sleeper coaches, a unique way to travel. Patricia **732-5153 VANCOUVER. (*U.S. Dollars).**

TOOLS & WARES

FOREST FOLK

Forest Folk Products are proudly handcrafted in the Southern Interior of British Columbia. We boast a decade of dedication to crafting a functional, durable, quality bag which will befriend you for life.

Our products include **Backpacks** for children, students and hikers, **Soft Luggage** for the traveler, and **Camera Luggage** for the amateur or professional. We also make **Bicycle Gear** for our cycling friends, both commuter and long distance tourer and even a pack for your dog.

To the more adventurous we are known as **Rock & Snow,** makers of Expedition and Recreational Internal Frame Packs. Rock & Snow Backpacks are recognized for their comfort and realiability and yes, we do individually serial number each bag and register it for our warranty.

Forest Folk and **Rock & Snow Packs** are available at a few exclusive outlets or send $1.00 for illustrated catalogue.

Forest Folk Industries, Box 650, **EDGEWOOD,** B.C. V0G 1J0.

Futon Futon!

We'll show you how good futon furniture can look!

Futon, Futon! offers you the best in hand-made cotton mattresses plus solid wood bed and sofa-bed frames, shelves, tables, etc. We also carry a wide selection of quality fabrics for futon covers, cushions, bed-spreads and drapes.

Drop in and look over our complete line of guaranteed products — down quilts and pillows, sheets and quilt covers, bamboo blinds, tatami mats and 100% cotton hand-woven rugs.

Don't forget to ask about our **factory pick-up discount** and save even more on prices already the lowest in town.

Look for quality at **826 Bidwell St.,** in **VANCOUVER** West End or call us at **683-4941.**

We will gladly take your order by phone and deliver to your home. We also accept all major credit cards.

HUGS CANADA

If you are a **Hugger** and/or believe in the concept that *Hugging* is important for your mental, emotional and physical well-being, you should be the owner of our HUG products.

Mail for our brochure or visit the HUG CENTRE and receive your free Hug while you peruse our stock. We have Sweat-shirts, T-shirts, notepaper, bumper stickers, licenses and buttons available.

HUGS CANADA, #103-1548 Johnston Road, **WHITE ROCK,** B.C., V4B 3Z8. **536-1220.**

Prescription:
4 hugs for Survival
8 hugs for Maintenance
12 hugs for Growth.

LOTUS WEST IMPORTS INC.

Lotus West Carpets has the finest selection of **silk and wool-silk carpets** from Kashmir.

Each piece is handknotted with a true "Persian knot" and will give pleasure for generations. Like all true works of art, these carpets are an excellent investment. At our store you will also find a large selection of **hand-embroidered tapestries** and **crewel fabric.**

As well, we import **"Lotus West solid perfumes"** which are available in many stores throughout British Columbia. Our perfumes are made with the finest essential oils of India blended into a solid cream base. **Each perfume is packaged in an attractive hand-carved stone container.**

Our address is **Lotus West Imports Inc.,** 1808 W. Broadway, **VANCOUVER,** B.C. V6J 1Y9 (604) **733-0517.**

MIDO FRAMERS

At Mido Frames exacting craftmanship, combined with our unique full service capabilities have enabled us to establish the highest standards in custom picture framing for over a decade.

Our selection includes a wide variety of wood and aluminum mouldings, and we are able to create custom plexiglass frames for art work, art objects, and collectables.

Our specialty is conservation matting. We are able to utilize various techniques such as french matting, linen, silk and sunken mats, as well as imaginative colour combinations.

We are always willing to advise with framing ideas and to explain correct conservation framing methods.

Mido Framers 2952 West 4th Ave., **VANCOUVER,** B.C. V6K 1R4, (604) **736-1321.**

WESTERN FUTONS & FABRIC

Western Futon & Fabric wants you to get a good nights sleep.

That's why Western Futon & Fabric has been **making the finest futons, using only the best materials, for the past 5 years.**

That's why Western Futon & Fabric offers **personalized service** with each futon custom made to your needs.

And that's why Western Futon & Fabric **keeps their prices refreshingly low.** You can sleep easily knowing you're saving money.

We also carry a **wide selection of frames** in pine & oak or the wood of your choice.

Your futon may be covered in a variety of fabrics - **natural silks, linens, colored sheetings, or a cotton sateen print.** Whatever the decor, Western Futon & Fabrics has the fabric.

To compliment your futon, we have a selection of handwoven dhurries (cotton rugs) in varigated natural tones - beautiful on a wood floor or as a throw on your futon.

Whether you live in Vancouver or out-of-town - Western Futon & Fabric will fill your order promptly - **mail orders are our specialty.**

For futons, furniture & fabrics, go with experience - the natural choice.

Western Futon & Fabric, 4388 W. 10th Ave. at Trimble. **VANCOUVER,** B.C. V6R 2H7 **222-1277.**

CUSTOM PICTURE FRAMING

Low Cost custom picture framing featuring quality workmanship and friendly service. We carry a wide range of wood and aluminum mouldings to complement your every need.

ASHCAN PICTURE FRAMING, #303 - 505 Hamilton St., **VANCOUVER 688-7969.**

DREAM FUTON

Dream Futon is a cottage industry and that does make a difference! Each fine futon is individually handcrafted with expert craftmanship and loving attention to detail.

Workmanship is guaranteed.

Competitively priced: Queen - $99. Double - $89.

Also available are several styles of beautiful pine bedframes and sofabeds.

Custom orders available.

For viewing, purchasing, or more information, please call **254-7832. VANCOUVER.**

WOMEN'S ORGANIZATIONS & SERVICES

DON'T DIET CENTRE

Don't Diet Centre

Negative eating habits result from negative self-image and attitudes. You must diet from these, not food, to produce the body you want and the ability to enjoy it.

Overeating and overweight are the results of unacknowledged emotional stress. By dealing directly with the source of the stress the behaviours naturally and spontaneously change.

How many deprivation diets have you struggled with that "worked" for a month? Would you like to participate in a programme that has results that last no matter what you eat or do?

The Basic Programme is 3-months long. Cost, including tapes and one private session is $200.00.

Due to popular demand Graduate classes are also available.

To register and for information on course dates this Fall and location, please leave a message at **266-3312, #1 -5792 West Blvd., VANCOUVER,** B.C.

Financial Freedom for Women

Financial Freedom for Women: What is Financial Freedom for Women?

- Getting well paid for what you enjoy doing.
- Making choices based on what you want, not on what you think you can afford.
- Consciously, competently, managing and multiplying your money.
- Making exciting, challenging goals and reaching them.

Who is it for?

Any woman of any age, employed, self-employed, or not employed who wants the following:

- To increase your income.
- Design, redesign or create a career.
- Feel successful, competent, powerful and in charge of your time.
- Improve your relationship to power.
- Know your success contributes to others.
- Learn to negotitate and get what you want without feeling guilty.
- Increase your confidence, know and express your self-worth.
- Easily manage your money.
- Feel at ease and excited with financial dealings.

We start where you are, establish where you want to be, and go towards that goal.

The workshop is offered in two formats; a 10-week session meeting once a week or a weekend intensive.

Tuition: $125.00

To register and for information on course dates this fall and location, please leave a message at **266-3312. #1 -5729 West Blvd., VANCOUVER,** B.C.

The Woman In You Dance Program

THE WOMAN IN YOU DANCE PROGRAM offers classes that unlock the inherent female powers of confidence, strength and beauty.

African and bellydance movements are combined in a unique style that allows women to dance for the joy of dancing and express their female emotions at the same time. The program is an alternative to repetitive aerobic and fitness workouts. All levels, ages and body types welcomed.

Basic Bellydance, The Woman in You (Levels I & II) and **Co-ed Isolation Dance** classes will begin the first week in October.

Three one-day introductory workshops are scheduled this fall. Workshop bookings available for groups of 10 or more.

For more details, please contact Roberta Meilleur **925-2518.** Release and enjoy the woman in you! **NORTH VANCOUVER.**

In honor of the 10th anniversary of **Women in Focus**, we are scheduling a visual performance and media arts program from **September 4 to October 20, 1984**.

The visual arts exhibitions are: a group show called **"Images of Women"** - Sept. 4 - Sept. 22; the second, **ceramic sculpture** by **Persimmon Blackbridge** and **Sheila Gilhooly**, Sept. 28 - Oct. 20.

A Friday night **film/video exhibition** series will occur on Sept. 7, 14, 21 and Oct. 5.

Scheduled performances are **Carolyn Bell** in Cabaret on Oct. 6, and **Variety Night performances** on Oct. 13, 20.

Women in Focus is also sponsoring a three-day multi-cultural program of **Canadian and international film and video by women, Nov. 16-18** at Robson Square Media Centre.

For information, or to order our media catalogue, contact #204-456 W. Broadway, **VANCOUVER**, B.C. V5Y 1R3. **872-2250.**

ARIEL BOOKS
WOMEN'S BOOKSTORE

Highlighting feminist theory, birth and child care, solutions to family violence, feminist spirituality, lesbianculture. Canadian Women writers emphasized. Mail Order, Book Tables, Poetry Readings. Open Monday — Saturday, 10 am - 6 pm. Sunday 1 pm - 5 pm. 2766 W. 4th Ave. **VANCOUVER**, B.C. V6K 1R1. **733-3511.**

VANCOUVER WOMEN'S BOOKSTORE

A feminist non-profit collective specializing in books by, for and about women, as well as non-sexist children's books, periodicals, records, posters and jewelry. Hours: Monday thru Saturday, 11 a.m. - 5:30 p.m. Mail orders, 315 Cambie St., **VANCOUVER** B.C. V6B 2N4 **684-0523.**

FOR THE TRAVELLER

RESOURCE PUBLICATIONS

Readers: If you're traveling, write ahead for these publications, enclosing $2 each for postage and handling.

Arizona Networking News, 3501 E. Indian School Rd., **Phoenix**, AZ 85018 **(statewide)**

Common Ground, Box 34090, Sta. D., **Vancouver**, B.C. CANADA V6J 4M1.

Common Ground, 9 Mono Ave., Suite B, Fairfax, CA 94930 **(SF Area)**.

Spectrum, P.O. Box 86, Aptos, CA 95001, **(S. Cruz, San Jose, Mont'ry)**.

Nexus, 1680 6th St., #6, **Boulder, CO**

DC Growth/Pathways, 3000 Connectivut Ave., NW, #136, **Washington, DC** 20008.

Alternative Health, Box 6337, Hollywood, FL. 33021 **(Fla. statewide)**.

Heartland, 7000 N. Glenwood, **Chicago, IL** 60626 **(statewide)**.

Free Spirit, 34 Prospect Place, Brooklyn, NY 11217 **(NYC)**.

Gtr. Cincinnati Resource Dir'y, 3514 Burch St., **Cincinnati, OH** 45208.

New Frontier Resource Dir'y, 129 N. 13th St., **Philadelphia, PA** 19107.

Holistic Learning Quarterly, 619 Wood St., **Pittsburgh, PA** 15221.

Catalyst, 318 Fourth Ave., **Salt Lake City, UT** 84103.

Horizons/Rising Sun, Box 570296, **Houston, TX** 77257. (incl. **Dallas/Ft. Worth**).

Attunement, PO Box 2716, **Madison, WI** 53701.

Common Ground Toronto, 152 Beech Ave., **Toronto, Ontario,** CANADA M4E 3H6.

Outpost Coop, 3500 N. Holton St., **Milwaukee, WI** 53212.

Natural Living Resources, 7201 Fifth Ave., N.E., **Seattle, WA** 98115.

New Alberta, 2127 Broadview Rd., N.W. **Calgary, Alberta**, CANADA T2N 3J1.

LA Resources, Box 750, **Venice, CA** 90291.

Valley Resources, 13 Old South, **Northampton, MA** 01060.

PhenomeNews, 2821 N. Woodward, **Royal Oak, MI** 48072.

Montana Common Ground, 470 Strand Ave., **Missoula, MT** 59801.

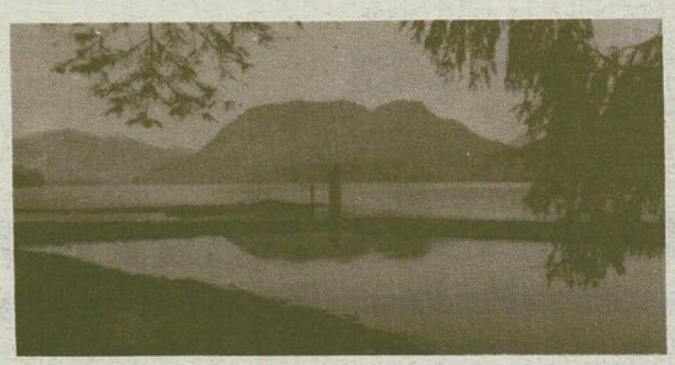
Earth Star Press, Box L-86, **Temple, NH** 03084.

New Life News, 133 Romero St., **Santa Fe, NM** 87501.

Connections, 1266 I St., **Springfield, OR** 97477.

New Texas, Box 12165, **Austin, TX,** 78711

LAKE COWICHAN CAMP AND RETREAT CENTRE VANCOUVER ISLAND, B.C.



FOR RENT

Available from September to July to groups of 25 - 120. Bookings by the weekend, week or month. Reduced winter rates.

Beautiful secluded lakeshore setting 1¼ hours by car from Victoria or Nanaimo. Heated and winterized buildings. Well equipped kitchen, comfortable meeting hall and small group discussion areas. Fireplace, piano, wood fired sauna and much more.
The perfect place for retreats, camp session, training seminars or group getaways.

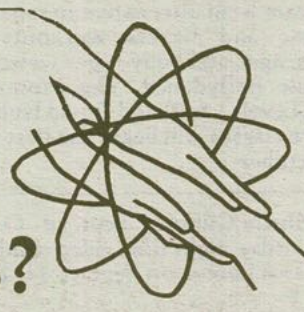
EXCLUSIVE USE and very reasonable rates.

CALL US! WE WELCOME YOUR INQUIRY

Avila Management Ltd.

1655 Ash Road
Victoria, B.C. V8N 2T2
477-3223

Thinking of a New Career in the Healing Arts?



We are now witnessing a strong need in whole person health care and a growing public awareness and acceptance of Holistic Health practises. Now is an ideal time for you to embark on a career as a **Certified Polarity Therapist.** Enrolling in the **Polarity Therapy Apprenticeship Program** could be your first step to a career that:

- is enjoyable, rewarding and challenging.
- is a contribution to others.
- allows you to be your own boss, working whenever and wherever you please.
- provides you with a comfortable income.

Your Hands Could Heal

The Polarity System involves:

- A uniquely effective system of pressure point contact that balances life energy between positive and negative reflex centers, leaving your client feeling relaxed and energized.
- tailored recommendations on how to make diet, exercise and attitude contribute to their health, so that the causes of energy imbalances in your client's lifestyle are corrected.

After our 6 month, 200 hr program you will be able to use the Polarity system effectively & be qualified to practice. **Begins Oct. 19.**

Take Your Next Step Call 681-3309

The Self-Care Strategy

Self-care is a strategy . It's used by people who wish to participate in all aspects of their own health care, from disease prevention, detection and treatment to the creation of healthier lifestyles. The strategy encourages people to acknowledge their own power and that of their community and, through use of that power, the ability to change lifestyles and environment.

Self-care can be as simple as providing an adjunct to care initiated by a physician or as far-reaching as an examination of alternatives to traditional care. It assumes a new relationship, a partnership, between professionals providing care and their clients. The individual also becomes an educated and discriminating consumer of health services.

Today's major health problems are chronic disorders, environmental pollutants and lifestyle-related imbalances, problems that physicians alone cannot possibly 'cure'. The self-care movement can and should revitalize and support an overworked and financially-pressed public health care system.

The Self-Care Network grew out of a symposium on self-care, held in April 1981 at Banff. A group formed from participants at the Symposium successfully lobbied the Federal Health ministry for two years worth of funds to set up the Self-Care Network in Victoria.

The Network has an advisory board of 26, from across B.C. and Alberta, all involved in some aspect of life enhancement. Each has, of course, a private network of like-minded acquaintances. By pooling information, the network gathered momentum, so that now, new people contact the Centre everyday.

Collecting information is only half the job; distributing that information is the larger task of networking. The Self-Care Network publishes **Wellspring Magazine**, full of updated information about resources and programs valuable to those who want to attain a sense of well-being, which is distributed to libraries and schools, as well as private individuals, throughout Western Canada.

The Network News section of **Wellspring** solicits short pieces from and about people in the field of self-care. Staff from the central office in Victoria travel to conferences, workshops and health events in B.C. and Alberta to gather stories and create contacts.

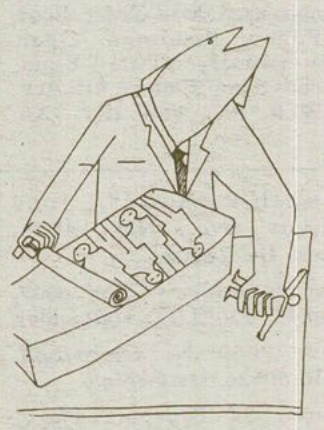
Success for the Self-Care Network depends on the participaton of people. The Network is always receptive to information and story ideas, always glad to learn about an upcoming program or event.

Federal funding for the project runs out in February of 1985. The financial success of Wellspring Magazine will dictate the future of the Network. Although the friendships that have been made through the Network will not be broken and the believers in self-care will continue to strive to raise public awareness of health consumer issues, the operation of the Network office, the magazine and the staff depend on subscriptions to Wellspring.

For information, contact The Self-Care Network, 435 Simcoe Street, Victoria, B.C. V8V 4T4. Also see listing under Health in Common Ground.

B.C. VOICE

University in Exile



— Karl Spreitz Drawing

The Kootenay School of Writing in Vancouver is a continuation of the Writing Program of David Thompson University Centre in Nelson, B.C., closed by order to the Social Credit government in May 1984. At DTUC, the Writing Program offered a broad interdisciplinary spectrum of courses, providing students with the usual seminars in prose, poetry and scriptwriting, as well as instruction in manuscript preparation, copyediting, book and magazine production, layout, design, typesetting, word processing, marketing, journalism, and interaction with artists in many other disciplines.

The Writing Program was unique in Canada, and attracted students and faculty from across B.C. and the rest of the country. Two former students of the Program were award winners in the 1983 CBC national literary competition.

The Kootenay School of Writing "is a response to the failure of most public institutions to serve their artistic communities. It stands in opposition to the concept of "cultural industry" in its recognition that the theory, practice, and teaching of writing is best left to working writers."

The Kootenay School of Writing welcomes both beginning and established artists in all disciplines to share in its programs as both participants and observers.

Contact the school at **105 - 1045 W. Broadway, Vancouver, B.C. V6H 1E2. Phone 732-1013.**

Holistic Health Quest Builds Community

By George Bullied, B.A., C.C.H., H.H.P.

To understand networking, we must understand the process of developing the full potential of each individual. There are four capacities which must be in top condition for our full development: our bodies, minds, emotions and spirituality. These four capacities must operate in harmony like four pistons in an engine, so that our lifestyles may reflect this harmony.

This harmony is referred to as balance. All pistons are synchronized and smoothly operating in peak performance. But how do we get the information, experience and feelings that are necessary to achieve this peak condition?

Different practitioners of holistic health have addressed themselves to different capacities. For example, we have acupuncture, massage and nutrition working through the body. Hypnosis and various therapies work on the mind. We work on belief systems to see if past information, experience and feelings are relevant to the individual's needs today. Or is there a need for new information?

With regard to our emotional capacity, has our social programming, in its endeavour to teach us how to make a living, produced intellectual giants who are emotional infants? What kind of information, experience and feelings are needed in order to develop emotional maturity? Without this capacity, it is impossible to operate at peak performance levels.

Holistic Health shows us how to . . . live fully in the here and now

Emotional immaturity shows itself in our relationships with other people. We find relationships breaking down at all levels. To correct this, we need the fourth capacity, our spirituality. The spiritual capacity brings new experiences and feelings into our lives, enabling us to develop emotional maturity.

We of Western culture live in the guilt of yesterday and the fear of tomorrow. This makes it virtually impossible to obtain the spiritual information and feeling that we need. Holistic health shows us how to rid ourselves of this guilt and fear so that we can live fully in the here and now.

People who are searching for holistic health seek out those who are teaching it. Through posters, journals and friends, we find our way to classes and seminars where various aspects of holistic health are taught. Or, we share directly with our friends. We may begin with just one area that concerns us, but as we go deeper and talk with others, we get involved with other areas. We all share more and more, and become more and more connected. This is the networking process.

It is not hierarchical. When we read something in the newspaper, learn something in school, or receive a directive from the head of an organization or from government, this is information received from the top down, within a social hierarchy.

Networking, by contrast, is between equals. In networking, if somebody comes to us for a seminar, they are learning from us, but then we could be taking a seminar from them the next week. There are still roles of teacher and students, but they alternate. It's not hierarchical.

This is the distinctive feature of networking. Hierarchical systems lead to centralization of consciousness and control, with the "masses" (workers, students) becoming like automatons. But networking elevates each individual human being as a unique center of consciousness.

Networking elevates each individual as a unique center of consciousness.

As more and more people are linked in the network, it gathers momentum. It grows like an organism, not like an organization. It's not a revolution. It's an evolution. But the evolutionary process really perks up.

As we develop holistic health, we realize more and more that we are responsible for our health, our welfare, our lifestyle, our state of consciousness and our environment. It's all a part of ourselves. We begin to act at levels that go beyond individual needs to tackle problems of the community and the environment.

The new consciousness which holistic health brings proves to be precisely what is needed to handle the problems of today's technology and environment, because it provides insight. Holistic health does not leave anything out. And the network, which we joined to meet our personal needs, becomes the community.

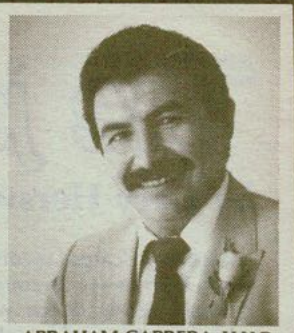
In networking, our talents work in harmony with society, in meeting our own and others' needs. And this is done in harmony with nature and the cosmic consciousness. It allows us to feel our connection with the universe.

Through networking, we are learning **how** to live, rather than just how to make a living. Through networking, more and more seekers are becoming finders. Through networking the lone person sheds his loneliness, to join a world of friends, discovering truth in body, mind, emotions and spirit.

George Bullied is the director of the Vancouver Holistic Health Centre.

IVAN PROKES, H.H.P.

SHARON LEBIODA, H.H.P.



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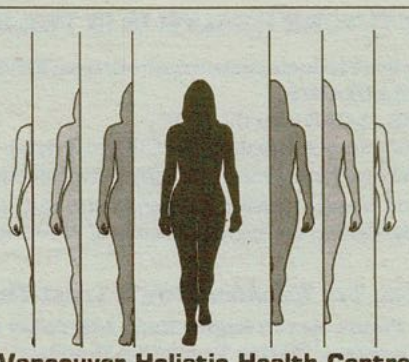

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FOOD

The jarring experience

by Gary Horswell

Canning rates second to freezing when it comes to flavour and nutrition. It wins hands down with respect to saving money and long term storage or as gifts to distant friends.

When the vegetables of your labour reach their peak nutrition and flavour, you will want to preserve them with as much care as you grew them to prevent spoilage or botulism in Aunty May's yellow beans.

There is no place for carelessness when preserving. **First** thoroughly wash your produce. **Second**, select only perfect jars, wash them in warm, soapy water. Boil the lids. Keep the jars in clean hot water until you are ready to fill them.

Third, fill the jars with the food of your chosen recipe, pressing out air bubbles. Wipe the lids and tops clean. Once filled the jars are covered (sealed) with vacuum lids.

Place the full, sealed jars in the bath on a rack to allow the water to totally surround the immersed jar. Boil for as long as your recipe requires, allow ten minutes for cooling before removing jars from the canner.

To avoid breakage do not place them on a cool surface or in a cold draft. (Important — use vacuum lids only once). Emphasis should be on cleaning, sealing, timing the bath and checking for leaks. Remember there is no absolute guarantee for success, always smell and taste your product before serving.

Sugar is simply not necessary for preserving. Use the natural sweeteners instead. Frozen concentrated juices are best used as soon as they are unthawed and undiluted or partially diluted. Fruit ESSENCE from the health store is the same as the frozen concentrate at your corner store. Many of the juice sweeteners could use a pick me up such as sliced ginger, a clove or two, or a whole cinnamon stick. The almond flavour of a few pits left in the fruit can provide some additional flavour.

Date sugar can be added to sweeten jams and preserves. Dried fruit sweeteners are pure natural products made by drying and grinding. Dates sugar has a distinctive acid taste and must be used with lemon juice to mask the acid flavour.

Honey, or honey syrup can be used for any fruit preserve. It is a good substitute for the sugar used as fruit juice concentrates are less sweet. The hypoglycemic and diabetic must however stick to fruit juices or dried fruit sweeteners. Honey increases the caloric intake and again lemon juice is required to disguise the strength of the honey flavour.

Berry Jam with Honey

Whole berries - 2 cups
Water, ¼ cup
Lemon Juice, 2 tabls.
Honey - ½ cup
Salt dash (optional)
*Liquid Pectin (regular) ½ cup
Gelatin or Agar-Agar dissolved
1 tabls. (1 envelope)

Place berries, water, lemon juice, honey, and salt in deep non-aluminum saucepan. Cook until berries are soft, mashing them for more uniform texture, if desired.

Add pectin, return to heat, and bring to a rolling boil. If using gelatin, sprinkle over hot mixture, stirring well.

Pour immediately into clean, hot jars, leaving 3/4 inch at top. Cap with hot lids (jars & lids must be sterilized before using if jam is not to be processed in water bath or pressure cooker), or immediately pour 2 layers of melted paraffin over the jam to completely seal. If using lids, process in boiling, or in pressure cookers for 10 minutes at 5 pounds pressure. Makes 3 cups.

Nutritional value — 1 tabls. contains 12 calories. This should not be used by diabetics or hypoglycemics. If no salt is added, 1 tabls. contains less than 1 milligram sodium.

NOTE: For all recipes requesting the use of sugar, simply substitute 1/3 pure honey for the amount of sugar called for.

Gary Horswell is a commercial cook in Vancouver. He is presently enrolled in the Holistic Health Practioners Course.

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LETTERS

THE PEN-TWIN CONCEPT

It is proposed that citizens of the world be linked up pairwise to one another across lines of potential conflict (especially the East-West conflict) to form a correspondence network, such that, for instance, everyone in the West has a penpal (or "pen-twin") in the East and vice versa. Such a scheme could promote long-term security.

A possible means of improving East-West relations is the establishment of a one-to-one link-up between people in the East and people in the West. This would constitute twinning at the level of individuals. We already have twinning between some major cities, which are called "sister cities," for instance Vancouver and Odessa. The idea is to develop a loose penfriend network, in which each person is provided with someone on the other side whose age, interests and occupation are similar to his/her own, and to whom he/she can relate at a personal level. We could refer to that person as the twin, or perhaps the "pen-twin". A minimal level of participation in the scheme would be to send a greeting card with a few sentences each year, for instance at New Year. Some pen-twins who enjoy writing will be motivated to write more frequently, of course. Whenever there is a build-up of international tension, one might expect a larger flux of mail, that would hopefully lead to a better understanding on both sides of the nature of the problems, and the grievances of the other side.

A complete 12-page article titled A Correspondence Network: A Step Towards Long-Term International Security *is available. For further information write the Vancouver Committee for the Promotion of a Correspondence Network, c/o Dr. G.W. Hoffman, Physics Dept., University of British Columbia, Vancouver, B.C., V6T 1W5.*

Dear Editor,

In the October 1979 edition of the Covert Action Information Bulletin (of the U.S.) Philip Agee has reproduced a copy of an 18 page, leaked CIA document which he obtained. Agee wrote that the document - entitled "The Director of Central Intelligence Perspectives for Intelligence 1976-1981' — "was sent anonymously to The Leveller magazine in London in May 1979. The Leveller sent a copy to me asking for an opinion on its veracity, of which I have no doubt, and CAIB now makes it available publicly for the first time." The original of the document was classified **SECRET NOFORN** (meaning no dissemination to officials of foreign governments.) A portion of the document dealing with economics states "In some cases, nations with close political and military bonds to the United States may become important economic intelligence targets, e.g., the states of Western Europe, Canada and Japan, raising complicated problems for intelligence coverage."

In a portion of the document entitled **New Powers and Blocs** the following is stated "several nations whose ties to the U.S. have traditionally been close will display greater independence. This will be particularly prevalent in the economic field but may also affect certain US strategic interests. Examples of such nations are Canada, Mexico, Australia and Thailand."

Last October the Vancouver Sun reported that writer **Seymour Hersh** had revealed in Toronto that the **CIA's largest stations in the world are in Canada and Mexico.** My research shows that, according to **Dr. Fred Landis (see Covert Action inf. Bulletin) the CIA also spends about one third of its budget on the media.** I believe this is happening here in Vancouver to a certain extent and would like the Prime Minister to agree to an all-party committee willing to look at this matter.

Sincerely,
Mark Fornataro
2836 W. 14th Ave.
Vancouver, B.C.

Breaking

continued from . . .6

By the nature of things, democratization not only can but must wait; world peace cannot. If what we want to achieve is a liberalization of the political regime prevailing in the Soviet Union, then it is to example rather than to precept that we must look; and we could start by tackling, with far greater resolution and courage than we have shown to date, some of the glaring deficiencies in our own society.

These, then, are the directions in which we could move, if we wanted to ease the situation. We have, I reiterate, so little to lose. At the end of our present path of unlimited military confrontation lies no visible destination but failure and horror. There are no alternatives to this path which would not be preferable to it. What is needed here is only the will — the courage, the boldness, the affirmation of life — to break the evil spell that the severed atom has cast upon us all; to declare our independence of the nightmares of nuclear danger; to turn our minds and hearts to better things.

For all their historical and ideological differences, these two peoples — the Russians and the Americans — complement each other; they need each other; they can enrich each other; together, granted the requisite insight and restraint, they can do more than any other two powers to assure world peace. The rest of the world needs their forbearance with each other and their peaceful collaboration. Their allies need it. They themselves need it.

They can have it if they want it. If only this could be recognized, we could perfectly well go forward to face the challenges that the true situation presents, and to shoulder, soberly but cheerfully, and without all the melodramatics of offended virtue, the burdens it imposes.

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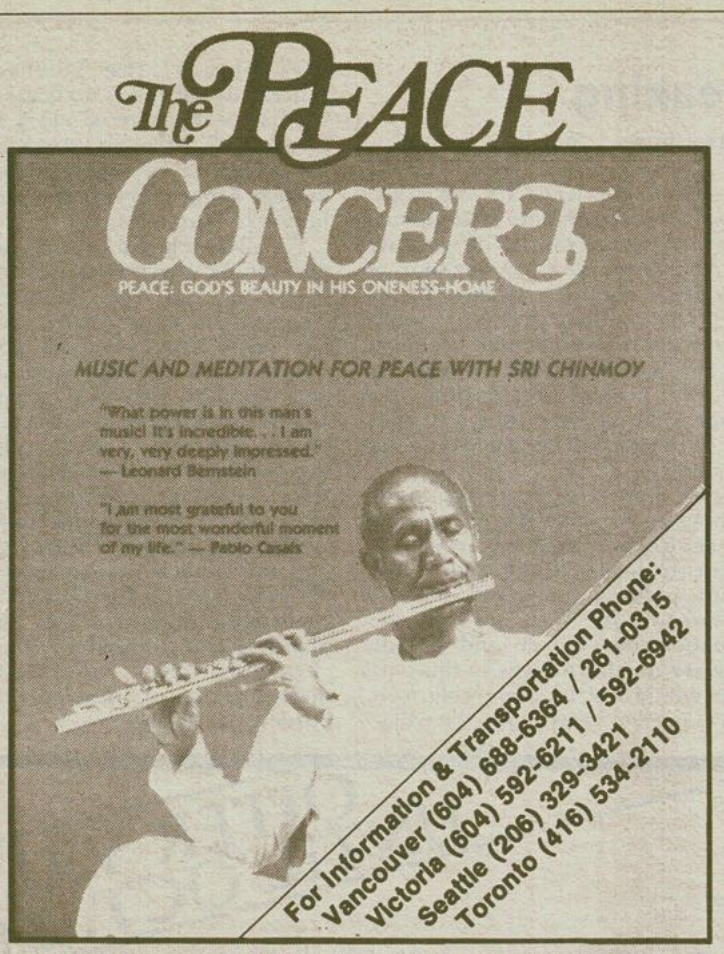

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ASTROLOGY: A Tool for Self-Knowledge

BY ENA BENDON

Astrology represents a blueprint of each individual manifested at the moment of birth. It represents the sum total of all the energies of the Solar Systems acting at that particular moment. With that unique stamp, the individual is ushered into physical life with a certain function related to the Whole of Life.

One might say the individual is likened to a particular cell within the Whole of the body. Each cell has a certain function to perform in order to maintain the working Whole. The problem arises when the individual is living contrary to that function. Much as a heart cell operating as a brain cell would result in disharmony so too the individual unaware of his function lives in disease.

Astrology as a blueprint reveals the basic function of the individual. It indicates the talents and gifts with which to work out a harmonious life. As well the areas of friction and strife are exposed that each person may be aware of what exactly is causing the resultant disharmony.

In gaining access to the course of energy in a persons life one must take into account the sum total of the person by relating all the seemingly incongruous aspects. This dissecting process exposes the cause of the friction at its core. Often the individual is unaware of the **source** of the problem merely because it is masked or redirected. This problem of source is often evident in the medical profession resulting in a diagnosis that is incomplete or incorrect. The same applies to the mental health of a person. This blueprint or map is a most useful tool for self-knowledge.

Each sign represents a sum total of interrelated characteristics. Each person represents a composit of different signs depending on that exact moment of birth. By dissecting that blueprint and examining the results one is able to critically access the positive and negative uses of energy. What may be the negative use of energy in one person can represent its opposit positive use in another. It is only through the composite of the characteristics can one accurately view the Whole.

The twelve signs each represent a certain type of energy use. As we go through the signs we begin to see that each person has many different signs acting within.

ARIES represents the principle of new growth and action. The spring-type energy of a new plant bursting forth is that applied energy. Aries is the process of building a personality. It is self-centered and self-directed leadership charging forth.

TAURUS represents the accumulation principle of utilizing the energy of Aries. Possession and material things are of great significance particularly when it is a reflection of beauty as it is ruled by Venus.

GEMINI represents the intellect. It is the sign of communication governing such things as teaching, speech, and thought. It is light and breezy and hard to focus or pin down. Geminis are a fountain of great ideas but often have difficulty putting their great ideas into practical form. They are also the flirts of the Zodiac.

CANCER represents the feeling emotional nature. They are like the restless changing tides. Cancer people are mothering and nurturing. They live their emotions and for that reason are sometimes secretive or withdrawn - a protective barrier.

LEO represents the principle of the ruler. They are faithful and loyal and give their affections to those who acknowledge them Dramatics and creativity are second nature to a Leo often making them the life of the party.

VIRGO represents the purity and perfection of careful assimilation. Their minds are very anatical and reflect the state of their physical health. Over-criticalness is the fault of this sign that dislikes anything crude or coarse.

The **personality** *is developed from Aries to Virgo; the* **soul** *is developed from Libra to Pisces.*

LIBRA represents the beginning of the fall season. The self has been developed in the first six signs and Libra marks the beginning of the next six which is relating to others. Where Aries represents the Self, Libra is Others. Therefore relationships are the lessons to learn for this sign.

SCORPIO represents the principle of penetration. Natives of this sign are interested in philosophy and religion, anything which gives them more understanding.

SAGITTARIUS represents the principle of higher learning. These natives are often interested in philosophy and religion, anything which gives them more understanding. They are friendly and gregarious with an optomistic approach to life. They love sports and gambling and are the gypsies of the zodiac.

CAPRICORN represents the principle of slow ascent to the top. These natives are capable of great strength and have a strong sense of purpose. They are willing to work hard to achieve their goals. They must guard against being cold and selfish because of their strong power drive.

AQUARIUS represents the principle of impersonal love and humanity. They approach life through their intellects and often don't understand those who respond emotionally. They are much more emotionally involved in their work than with people.

PISCES represents the principle of ending. Being the last sign of the Zodiac the emphasis is on merging the body and the soul. These natives are emotional, moody, and introspective. They need time alone to recharge themselves. They can also be self indulgent especially with drugs and alcohol.

The White Rose

Michael Verhoeven (son of Paul Verhoeven, director of the Dutch film, **The Fourth Man**) directed this true story of five Munich students executed for distributing anti-Nazi leaflets in Germany from 1942-43.

The Flyers of the White Rose, keenly aware of Hitler's genocidal policies and eloquent in their condemnation of the war, urged, at first, passive resistance, and finally sabotage.

The broad circulation of these pamphlets became increasingly dangerous and in 1943 the young activists were captured and sentenced to death by guillotine.

The White Rose is the finest German movie since **Das Boot.** This absorbing suspense thriller dispels the myth of total German compliance and offers an honest and powerful portrait of the resistance.

Don't miss **The White Rose** at the Ridge Theatre in September!

As a special for **Common Ground** *readers, bring along this review and get two tickets for the price of one.*

Captive Minds: Hypnosis and Beyond

National Film Board of Canada
56 min., 1983

Director Pierre Lasry at N.F.B.'s Montreal Production unit has again come up with another intriguing film - this time about mind control (his earlier film **Healing** dealt with the phenomenon of faith healing centred around the late Kathryn Kuhlman.)

His facination with the human body and soul has resulted with his latest exploration into how we humans can let our behavior be modified by stage hypnosis, individual and mass therapy, and mass indoctrination. Lasry explores the process of psychological manipulation and its effect on human behavior. He shows how the basic power of suggestion can radically alter the way we think and act, sometimes very beneficial for the individual and society, but very often to our detriment.

In this film our attention is riveted on mass mind control and indoctrination. His examples are va ried and seemingly unconnected in terms of societal manipulation. As the film unwinds we make the connections and judgements which seem in keeping with Lasry's position on mind control.

The less subtle and perhaps most chilling example to any pacifist leaning person like myself is at the U.S. Marine Corp training camp where any form of individual thinking or expression is quickly eradicated, most likely for ever. We only have to speculate on how many millions of young men in countries all over the world are subjected to similar military conditioning - the mind boggles.

Two "survivors" of indction into the Moonie cult recall the process to which they were subjected. This and other examples clearly illustrate the process of mind control outlining the basic techniques - overloading the senses, exhaustion, fear, strict control of time and complete denial of individual expression.

Lasry's main concern seems to be the total control of masses by one person or by one institution and the acceptance of their values without question or evaluation - hence other values and opinions are considered to be alien and therefore evil. The results of mass mind control can sometimes lead to tragic results for humanity such as the chilling example Lasry uses to end his film.

This film has strong implications for our own education institutions where more and more centralized control dictates classroom content and evaluation. It has relevant comment on the mindless rantings and ravings of television evangelism and the resultant political manipulations.

I see this film as a plea for individual expression and thought - the essential ingredient of any strong humanistic society. **Captive Minds: Hypnosis and Beyond** is higly recommended viewing for all people who care about freedom of expression and human dignity in our spiritual, social, political and education institutions.

Jan Clemson

THE COMPLETE HANDBOOK OF PERSONAL COMPUTER COMMUNICATIONS

There are global conversations going on right now and the book *"Personal Computer Communications - Everything You Need To Go Online With The World"* by A. Glossbrenner is packed with all you need to connect.

While many computer books introduce the novice to the analytical and processing capacities of computers, this book stresses the computer as a communication tool. Not only are computer owners clearly told about the technical aspects of using modems (modulators/demodulators) and the numbers game of Bell 103, RS-232, IEEE - 448, but concise reviews of how-to connect to a variety of databases are given.

One example of such a database is "The Source" which offers over 1200 features and programs. Popular services include an electronic mail system whereby letters can be sent instantly anywhere in the world; information coverage on weather, sports and news; an electronic community bulletin board; and business related information up-dated every ten minutes.

For children and teens there are over 60 games, scores of interactive educational lessons and current reviews on all movies.

For the homeowner the Source offers the possibility of shopping by mail at discounts ranging from 10% to 40% while making reservation to fly off to a warm Tahiti island. And much more . . .

Perhaps the most valuable aspect of the book is that it provides hands-on/how-to information to make the "electronic cottage" a personal and global reality. Consider the possiblility of networking with people who may live as far away as Alaska, New Zealand and even Europe. Geographically they might not be close but via computer network (when long distance rates are cheapest) common concerns about a variety of topics ranging from business ventures, astrology, health-care, employment and the peace movement may be simply and economically shared.

The main short-fall of this book, from the Canadian perspective, is that Canadian networks are not covered; nonetheless the book is excellent and highly recommended.

Reviewed by Peter Dimitrov, a communications and business consultant residing in Vancouver, Ph. (604) 734-7623.

KOYAAISQATSI

(U.S.A. 1982, 97 min. General).

Director Godfrey Reggio combines the talents of cineamatographer Ron Fricke and composer Philip Glass to produce this stunning film. Koyaanisqatsi is a Hopi word meaning world out of balance. This film delivers an awesome experience of image and sound without the use of actors, dialogue or plot.

Nineteen Eighty-Four

It has been suggested by some of the reviewers of NINETEEN EIGHTY-FOUR that it is the author's view that this, or something like this, is what will happen inside the next forty years in the Western World. This is not correct. I think that, allowing for the book being after all a parody, something like NINETEEN EIGHTY FOUR *could* happen. This is the direction in which the world is going at the present time, and the trend lies deep in political, social and economic foundations of the contemporary world situation.

Specifically the danger lies in the structure imposed on Socialist and on Liberal capitalist communities by the necessity to prepare for total war with the USSR and the new weapons of which of course the atomic bomb is the most powerful and the most publicized. But danger lies also in the acceptance of a totalitarian outlook by intellectuals of all colours.

The moral to be drawn from this nightmare situtation is a simple one.

Don't let it happen. It depends on you.

From a press statement by Orwell, 1948.

GEORGE ORWELL IN 1984: A REASSESSMENT
November 23 - 24, 1984

A special conference will focus on Orwell and politics, language, literature, psychoanalytic and ideological perspectives.

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Survey

At *Common Ground* we've been working at providing the kind of personal resource directory you, our readers, will appreciate for more than two years now. It has been a learning process for us all the way and we've benefited since our charter issue from your comments and criticism. And it has been a struggle: we work hard at producing *Common Ground* because we care; about this overworked planet of ours, and about the many ways and disciplines found within our publication that are capable of contributing to healthier, more personally enriching living. That's why we began *Common Ground.*

Now we'd like to expand our vision editorially and we'd like you to be part of that process. We'd like to know how you feel about *Common Ground* and what we might do to better it.

We guarantee the few minutes it take to fill out this survey will translate into you getting a better *Common Ground* down the line.

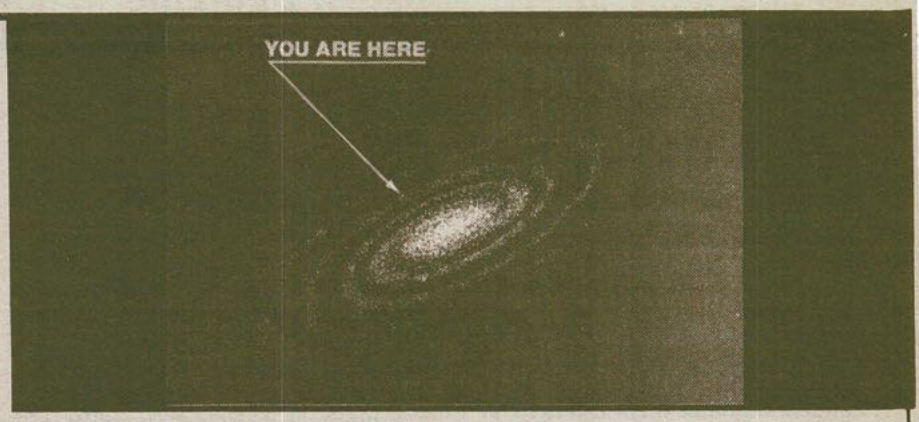
1. Fill out the survey.
2. Pop it in an envelope and mail it home to Common Ground, Box 34090, Station D, Vancouver, B.C. V6J 4M1

Thanks for lending us a hand.

1. I have seen ..... issues of Common Ground.
2. What attracted me to pick it up ☐ Cover ☐ a friend ☐ other
3. I usually find it ☐ retail shop ☐ professional office other .....
4. On the average .....people read my copy.
5. On the average, I spend .....hours reading it.
6. I keep CG for (please specify a length of time).
7. I save CG for future reference ☐ Yes ☐ No
8. I read the articles in each issue ☐ Yes ☐ No ☐ Sometimes
9. As a rule, I find them: Fair? ☐ Yes ☐ No, worth reading ☐ Yes ☐ No well written? ☐ Yes ☐ No
10. The features I most enjoy are: _____
11. The features I can do without are: _____
12. I would like to see CG do more features on _____
13. I think the following should be included: fiction ☐ Yes ☐ No Poetry ☐ Yes ☐ No. Guest Editorial ☐ Yes ☐ No
14. I would like CG to: ☐ remain quarterly ☐ publish monthly ☐ publish every 2 months.
15. I would pay for the magazine as it is ☐ Yes ☐ No. If it had more articles ☐ Yes ☐ No
16. What I find most useful is: ☐ the directory ☐ the articles, Other _____
17. I would like to see CG distributed or available _____
18. I pick up every issue ☐ Yes ☐ No
19. I can find it easily ☐ Yes ☐ No
20. Common Ground means to me _____

Some anonymous personal information

21. My leisure activities include: ☐ gardening ☐ photography ☐ board games ☐ cookery ☐ stereo ☐ collectibles ☐ reading ☐ films ☐ concerts ☐ dining out ☐ sporting events ☐ workshops ☐ ☐ nightclubs
22. Outdoors I: ☐ hike ☐ camp ☐ ski ☐ ☐ sail ☐ tennis ☐ cycle ☐ beach, other _____



23. My favorite music is _____
24. I use ☐ tapes ☐ records, other: .....
25. I go to the movies .....times a month.
26. I attend live performaces of the arts (i.e. theatre, dance, opera or concerts of any type) ..... times a month.
27. My favorite radio stations are: ___
28. My favorite TV station is _____
29. I subscribe, or plan to subscribe, to cable TV. ☐ Yes ☐ No
30. My taste in food runs toward: ☐ gourmet/international ☐ vegetarian ☐ Canadian ☐ fast foods ☐ variety
31. I dine out _____times a week
32. I drink ☐ natural juices ☐ soft drinks ☐ wine ☐ herbal tea ☐ coffee ☐ hard liquor ☐ beer.
33. I exercise regularly ☐ Yes ☐ No ☐ I would like to.
34. I participate in sports: ☐ often ☐ seldom, type _____
35. I go to a health practitioner for maintenance ☐ Yes ☐ No
36. When ill, I seek out a ☐ M.D. ☐ ☐ chiropracter ☐ naturopath ☐ holistic M.D. ☐ accupuncturist ☐ homeopath ☐ ☐ herbalist ☐ psychic healer; other ___
37. I live in the _____area.
38. My home is ☐ rented ☐ self-owned ☐ a co-op; Other _____
39. The number of children I live with is: _____
40. My occupation is _____
41. I ☐ would ☐ would not, change my occupation.
42. I consider myself ☐ old fashioned ☐ average ☐ progressive ☐ radical, other _____
43. ☐ male ☐ female
44. ☐ married ☐ single
45. My age _____
46. I have completed _____ years of school.
47. Special courses or degrees _____
48. My household annual income bracket is: ☐ below $5,000 ☐ 0 - $10,000 ☐ $10 - $20,000 ☐ 20 - $30,000 ☐ 30 - $40,000 ☐ over $50,000.
49. In the past 5 years, I have moved___ times
50. I plan to purchase a home in the near future: ☐ Yes ☐ No
51. I smoke ☐ Yes ☐ No
52. I have _____ pets, they are _____
53. I purchase clothing ☐ seldom ☐ once a month ☐ often
54. I have my hair cut professionaly _ times a year.
55. As gifts, I customarily give _____
56. I read ☐ fiction ☐ non-fiction; subject _____
57. In the last year I have read ___ books.
58. I am a member of a book club ☐ Yes ☐ No
59. I subscribe to _____magazines.
60. I purchase by mail ☐ Yes ☐ No
61. In the past year, I have flown _____ times: ☐ domestic ☐ international
62. I travel primarily for ☐ business ☐ adventure ☐ leisure
63. My car (present or future) is, or will be, a ☐ foreign ☐ domestic model
64. I usually ☐ do ☐ do not fill in surveys.
65. A great big thank you from all of us from Common Ground. Will this survey help make Common Ground a better magazine ☐ Yes.

Meares Is. from Lane Cone (on Meares)
Photo - Adrian Dorst.

Common Ground
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Religions *continued from* 8

promoting understanding and multi-faith harmony in our community.

Besides dialogue and interfaith work, there is religious involvement in social issues, such as the World Conference on Peace and Religion under the auspices of the U.N. Another example is the Interfaith Challenge Conference, concerned with the recent political and economic impact on social issues such as unemployment, welfare needs, poverty, etc. There is also increasing involvement by faith communities in human rights issues and Solidarity Coalition support.

Beyond the mainstream traditions, there exists another element which we could call the apprehension of the Perennial Philosophy underlying all religions. It can be seen reflected through recent syncretic forms like Unitarianism or the Baha'i faith and others which combine interfaith elements within their perview. Some people have glimpsed this through the study of religion at colleges and universities, perhaps by reading such writers as Joseph Campbell, Bhagavan Das, Mircea Eliade, Aldous Huxley, Carl Jung, Jacob Needleman, Theodore Roszak, Huston Smith, Alan Watts, Ken Wilber, and many others. And also, of course, all of the "New Age" expressions, activities, exoteric and esoteric, which celebrate this knowledge.

As the traditional faiths realize their commonalities, their dialogue creates an outer network that is mirrored by the inner network of consciousness and light forming through a new, or renewed, perception of the One Ultimate Source of Life and Being. These two streams also, of course, network, beginning to create a new paradigm of Wholeness, or Holiness that can give a spiritual foundation to a fast changing world.

Colin Cole is a former instructor of Religious Studies at Vancouver Community College, Langara, Chairperson of the Institute of World Religions at Canadian Ecumenical Action (736-1613), and an active member of the Society of the Rose Pearl Institute, a New Age meditation group (985-6615).

Dynamic *continued from* 5

reliant and autonomous participants who simultaneously function as independent "wholes" and as interdependent "parts". They have a tolerance for many perspectives about goals and means. They are more concerned with qualitative relationships than credo or product. They attempt to accord an equal integrity to the individual and to the group.

Networks are a movement embedded in the larger culture described as Another America in "The First Report. . ." as follows —

> Another America answers the questions "Whatever happened to the 1960s?" and "Where did people go in the 1970s?" There is Another America and it is pulsating and expanding and unfolding through *networking*, an organic communications process that threads across interests, through problems, and around solutions. Networks are the meeting grounds for the changing links among millions of people with shared needs, values, and aspirations. As short-lived, self-camouflaging, adisciplinary crosshatches of activity, networks are invisible, uncountable, and unpollable. Networks can be highly active one day, and totally defunct the next. Every time a network comes to life its form is a little different.
>
> Networks are stages on which dissonance is not only tolerated but encouraged, yet consensus is a common goal. They are the experimental seedbeds in which people risk stretching their creativity.

The National Self-Help Clearing house associated with the City University of New York estimated some two years ago that there were around fifteen million Americans belonging to networks. All of them are moving in the general directions of the themes discussed here. The environmentalists want humankind to "live lightly on the earth." Health networks want to shift the power balance from institutionalized medicine to personal health responsibility. All seek change and a redistribution of power to a more personal level.

Networks are an evolutionary form of representational power in a decentralized system. They also represent a felt need to move away from a faceless bureaucracy to an understandable and responsive human face. It now seems clear that networks are indeed a significant and powerful harbinger of our future society.

David Leslie is a former lawyer, an active networker, and a mediator. His most recent project was an attempt to create an alternative bus service during this summer's transit lock-out.

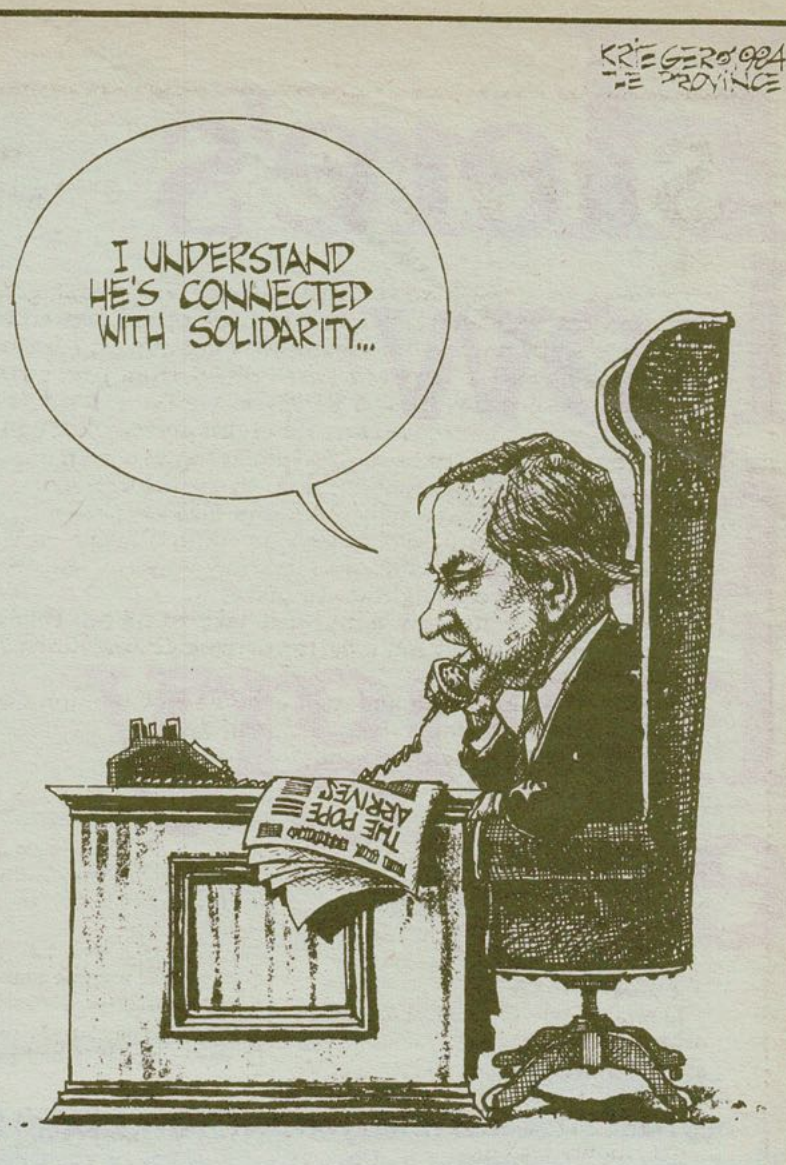
The First Report and Directory

NETWORKING

People Connecting with People, Linking Ideas and Resources

inhabitants of this invisible domain. These flexible, vibrant organizations often exist without boundaries, bylaws, or officers. Networks are the lines of communication, the alternative express highways that people use to get things done. In crisis and in opportunity, the word spreads quickly through these people-power lines.

Fueled in large part by the sweat equity of the survivors of the 1960s and inspired by a vision of a peaceful yet dynamic planet, an entirely new culture is emerging in our land. It is connected by casual, ever-



We've come a long way

Photograph by Greg Kinch

And it's only the beginning!

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DEADLINE FOR WINTER ISSUE NOV. 7

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Not very well.

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